The Theory of Colourtouch®

Inge Rosa Knott
Illustrations by Sabina Schmid

The Theory of Colourtouch

Offering a healthier Way of living

Inge Rosa Knott

Illustrations by Sabina Schmid

The Theory
Of Colourtouch®
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DEDICATION

This book is dedicated to the Creative Force who is teaching me how to become free of suffering and for having the opportunity to look at life from a much higher level of consciousness. Also, for giving me the opportunity to clear all past experiences that have not been resolved. Most of all, thank you for trusting me with the teachings of a new creation that is allowing for the evolution of the Human Physical Body.

SPIRITUAL ACKNOWLEDGEMENT

I would like to say thanks to all the Archangels, especially Archangel Michael, the grandmasters, masters, angels and guides for their loving guidance and support in getting me through some tough spots in my life. I do not think it was always that easy for them to help me, especially when I got very frustrated and wanted to give up. Thank you so very much for standing by my side.

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I am grateful to Sabina Schmid who did all the drawings for the different workshops and this book. For all her patience when I tried to explain how a drawing had to look. Thanks for the beautiful work you did.

Thanks to Lorna Groshko who came to a workshop one day and I thought that I would never see her again. Today she teaches Colourtouch as well and she does such a great job. Your assistance with all the typing and set-up for this book is greatly appreciated. Thank you for your dedication.

I would like to thank all my students and clients through whom I learned the most.

And, I would like to thank my husband Alfons. You are my greatest teacher because you always played out what I needed to acknowledge and heal. Alfons you always stood by me, even though you did not know or understand what I was doing, and you helped me physically with whatever I needed.

Also, I would like to thank my children Eric, Cody (Ralph) and Yvonne. They also played out what I needed to learn, especially Cody. If it was not for his difficulties, I would never have found what I was really looking for.

My appreciation also goes to Cathy Faulknor and Pat Opyr who were extremely helpful in editing my book.

My deepest appreciation and my thanks go to all of you.

WHY DO I WRITE THIS BOOK?

Have you ever asked yourself what is life all about and why are you here? I asked these questions when my life turned upside down and I did not know which way to turn anymore. Everything that I was ever taught did not turn out the way I thought it would or the way I wanted it to. Through my healing journey I was asked by the Creative Force to write this book.

All the information that was given to me, and that was programmed into my energetic system, I had to bring forward which changed my life tremendously. The intent of this book is that maybe it can do the same for you.

Information was given to me that has never been given to the human race before. This information is about healing the self, understanding the self, loving the self and the healing of the energetic body (Spiritual Body) that governs the physical body. The healing of the energetic body (Spiritual Body) is done by correcting the DNA energetically which then corrects the physical part.

I will start out by explaining, to the best of my understanding, creation. I will also discuss how we are all part of creation and who we really are. I was asked not to use the terms God/Goddess, All That Is, but to refer only to the Creative Force. This is not a book about religion. This is a book about who we are no matter what faith we belong to and to those who do not believe in anything. The explanatory purpose is to understand how we create everything, why we create everything, and how illnesses are manifestations of our thoughts, feelings, words, actions, and past experiences. This information will also show you how you can reverse the negative processes that are so much a part of our lives so that peace and harmony can be part of us and the whole world.

My life's journey started in Germany. As a child I was always able to communicate telepathically, only at the time it felt like I was talking to myself. Only later did I realize that I was talking to the God Force, which I will refer to now as the Creative Force, and this gave me a great feeling of exaltation. This also made me feel the love that was there for me. It never crossed my mind that other people were not communicating telepathically or experiencing this

love. When I found out that not everybody was able to communicate telepathically, I shut my ability down because I did not want to be different from everybody else.

Physically I was always very sick. At 8 years old I had diphtheria and was in the hospital for four and a half months. Nobody thought that I would survive, but the serum of horses that was tried on me, got me through. Needless to say, I have always loved horses. From the diphtheria I developed a weak heart muscle and could never do demanding exercises, so I loved walking. At 15 years of age the migraines started, which were very debilitating. At age 21, I ended up in the hospital with an ulcer. Later on I had quite a few more ulcers and kidney stones which became a part of my life, as well as pneumonia, bronchitis, endometriosis, and later on bladder cancer. I am writing this all down, because I was shown how to heal it all.

At age 26 I got married and moved with my husband, who already lived in Montreal, to Canada. We lived in Montreal for 13 years. In the first year there I was told that I needed an operation if we wanted children because my uterus had grown together with my back. It was at this time when I had an experience that changed my life. I was already back at home from the hospital. On this day I was quite tired and decided to lie down. Then I had a vision. I could see a golden light coming towards me that became bigger and bigger. Seeing this light, I knew that I was going to die. I also knew that I could speak to the light and tell the light that I had just got married and that I did not want to leave yet. When I shared my intentions of wanting to stay, the light disappeared. As I became aware of my body, I realized it was ice cold and I could not get my hands apart that were folded over my abdomen. As I was thinking, what am I going to do now, my body slowly started to warm up and my hands were able to separate.

When my husband came home, I told him what had happened. He then spoke with a co-worker about it and he told my husband that I should read the works of Edgar Cayce, which I did. Suddenly reincarnation made sense to me after reading Cayce's books. What had never made sense to me was if I messed up in this life then where would be my chance to correct my shortcomings and how could I master this physical reality in one lifetime? By coming

to understand reincarnation, I came to have a different outlook on life, and I became more aware of what I was doing.

Even as a child I knew that I was here for a special reason, but I did not know what that was. This near-death experience still did not make me look for more answers. So, I went on with my life. I did get pregnant once but lost the baby in the third month. A year after the operation we decided to adopt. Over the next 3 years my husband and I adopted three children, a girl from Vietnam, and two boys from Montreal. Then the endometriosis started and the pain would often shoot down my left leg. On top of this illness, I dealt with migraines, which meant that sometimes I missed out on three days of the week as I was forced to stay in bed and darkness.

We moved to St. Albert in 1977 because of the political situation in Montreal. One year later I needed another operation. The endometriosis had become so painful that a hysterectomy was necessary. I was already back in my room when the golden light appeared again. This time I wanted to go with the light. Then I heard the doctor say to my husband, "Call her", she does not want to breathe anymore. When I heard my husband's voice calling me, I thought I could not leave him alone with all the problems that we were having at the time. With that, the light disappeared again and I came back.

After this experience I explained to my husband that I needed to look for answers to why I was having all these debilitating experiences. To start this search I went with my husband to a class on transcendental meditation, but this did not feel right to me and so again, we went on with life.

As our children grew up and became teenagers, different problems started. I often did not know how to deal with their behaviors so one day I was so frustrated, that I wrote a letter to God asking him why I was in this mess. I only wanted to love people and I could not understand why anything I tried was not working. I also mentioned that I wanted an answer that same day. Little did I know what I had asked for. Within an hour there was a pulsing white light over the house and from that moment on I would be woken up every night at 1, 2, or 3 o'clock to receive the answers I was looking for. It was at this time that my telepathic abilities

opened up again and I was able to receive all the information necessary to change my life. Later on, I realized that a lot of the information was already programmed into my system and as I started to work on myself by changing old belief systems, clearing memories of past lifetimes, and this lifetime, the information on how to heal became clearer and clearer.

I started to go to workshops such as meditation, Touch for Health, Brain Gym, Vision Circles and Reiki. I liked Reiki the most and I wanted to help other people with it. So I had some business cards printed and constantly I got the message "this is not what you are doing", but I did not listen to the message and had the cards printed anyway. Well, when I got the cards back they were printed wrong, even though I had looked at a sample. So, right away I asked, "Why is this happening?" and the answer was, "Maybe next time you will listen". One night before I went to bed, I asked the Creative Force what name I was to put on the business cards. The first word that came into my mind was "Colourtouch". And that is how my life's work of Colourtouch manifested.

WHAT IS THE PURPOSE FOR COLOURTOUCH?

The first and most important reason for Colourtouch is to bring back the whole colour spectrum into people's energetic systems which, for the most part, have become totally depleted of many colours.

The second reason is to change the vibration rate of the Energetic System and bring into balance energies that have become out of balance. These imbalances have been created through energy blockages, negative thinking, speaking, feelings and actions.

The third reason is to understand and to correct the energetic system of a person. This energetic system governs the physical body and can be totally broken down from past lifetimes and negative belief systems.

The fourth reason is to raise the physical consciousness from a 3rd Dimensional thinking level (pain & suffering) to a 5th Dimensional thinking level (less pain & suffering & more joy) using the 4th Dimension (examining) as the transformer of negative into positive thoughts.

The fifth reason is to create a new energetic structure based on a crystal grid that will be much stronger for the forthcoming evolution of humanity. (The present grid is based on a 3rd dimensional consciousness whereas the crystal grid is based on a higher level of consciousness.)

The sixth reason is to bring people's Soul, Spirit, and Physical Body into alignment so all three aspects can function in unison.

The seventh reason is to remove the veil that is over people's eyes, so they will be able to see the whole picture and not bits and pieces.

The eighth reason is to live in a 5th Dimensional reality and bring the physical body along. Here a person becomes more like an observer and sees things clearer than in a 3rd Dimensional reality.

The ninth reason is to find the energetic cause for dis-harmonies (diseases) and to correct them energetically.

The tenth reason is to learn to live a life of unconditional love.

The eleventh reason is to provide the possibility of rejuvenating the physical body through energetic field integration.

The twelfth reason is to provide the possibility to correct and raise the energetic DNA, chromosomes and genes vibrationally so that a person can integrate the higher consciousness.

CREATIVE FORCE

We are all part of the Creative Force which is represented as a trinity consisting of a Soul, Spirit and Physical Form

The Soul and the Spirit are part of the Creative Force which consists of pure consciousness. This Force is consciousness of thought and can only be seen when it manifests into a physical form. The Creative Force has no beginning and no end and just exists. This Force can also be referred to as Source or Nothingness. It is also known as God/Goddess, All That Is, Creator and God Force. Every thought, within itself, is a manifestation. Beyond thought is nothingness or being-ness that has an existence of its own. Even what we call nothingness is something. There is always space between nothingness and a manifestation and that space can manifest into new forms if it so chooses. Out of nothingness comes is-ness, namely a physical form which can be seen. Everything that you look at, be it physical or non-physical, is part of the Creative Force. Even the street that you walk on is part of this Force. You can only see thought when it has become a manifestation. This manifestation of thought may come through as words, actions or feelings. So, the thought is there first before anything else.

The Creative Force is totally neutral and separates into feminine and masculine energy once it starts creating form. The Masculine energy is the structure of creation and the Feminine energy is the movement of creation. Creation retracts at the same time as it creates. The parts that are being retracted go either back to just being light that can create again or it transforms the existing form into another form because the previous form is no longer necessary for the experiences it chooses to have. In other words, there is always an end to what has been created and at the same time there is a new beginning. Look at your own thoughts and see what you want to create from that thought. It takes time and space to create what you have just thought of. It is never instant. As a metaphor, if you think of creating a glass, you have to think about what form it will take, what purpose it will have, the machines, etc. you will need to bring the glass into manifestation.

When you are ready to create this glass, you would use masculine energy for its form and use feminine energy for its decoration and its purpose.

Out of the feminine and masculine energy of the Creative Force come different Lifestreams that have their own identity. In this physical reality, we call these Lifestreams, Souls. All creation is formed out of light, colour, sound, vibration and a number combination. Each colour and sound has a specific vibration. In an atom, the neutron is part of the Creative Force; the proton represents the masculine energy, and the electron the feminine energy.

WHAT DO WE CALL SOUL?

Soul is consciousness based on thought and is pure light. This consciousness consists of Core Soul, Soul Essence, Soul Parts and Soul Aspects. The Soul that was created in the beginning is called the Core Soul. If a portion of the Core Soul chooses to come into physical reality or any other reality, that portion is referred to as the Soul Essence. Soul Essence is part of the Core Soul but has its own identity and its own existence within the Core Soul. Never can the whole Core Soul come into any reality. As an example, if you make an original tincture you would call it a Mother Tincture. When you take a few drops out of this tincture and put it into another bottle, the Mother Tincture would be referred to as the Core Soul and the new bottle would be referred to as the Soul Essence. Soul as we know it in this physical reality is actually the Soul Essence. Other realities in the Universe refer to the Soul as a Lifestream. A Lifestream consists first of the light (white light) of its creation which includes colour, sound, a combination of numbers, elements and a symbol. The elemental combination is different for each reality in the Universe. Different elements are being put together that are specific for our Earth reality. No two realities are the same and each one brings different experiences with it. Since we are living in a physical reality, I will refer to the Lifestream as a Soul.

Soul Essence

Soul Essence is the super conscious mind. In physical reality the seat of the Soul resides as a ball of white light within each person in the center of the chest and represents a person's character. The Soul Essence is instrumental in setting everything up for entry into this physical reality. Soul Essence decides who the parents are going to be, what ethnic background the person will have, and the country the person will live in to be able to accomplish one's "Life Lessons". These Life Lessons include what the person wants to learn, correct, and attain. The Soul Essence also chooses the physical body it wants, including the colour of eyes, hair and skin. If the Soul has become very strong through different life experiences, the person's character is very strong. If the Soul acquires negativity, its light diminishes and the character of the

person is weakened. The Soul Essence comes in at the moment of conception but does not stay with the physical form all the time until the moment of birth. The Soul has the right to choose if it wants to stay in physical reality or not, for up to two years. This means the Soul can determine if it wants to keep the body or not during this time. If a woman is in tune with her own body, she can feel the manifestation of the Soul Essence at conception.

The Soul is eternal but has a beginning. That is why we refer to old and young Souls. New souls (lifestreams) are constantly being created by the Creative Force using feminine and masculine energy. Through different life experiences, in different realities of the Universe, the Soul gets to know itself by attaining the wisdom and the knowledge through these life experiences and gets a greater understanding of the physical and other realities. The Soul brings this wisdom and knowledge back with it when it leaves this reality and the information then gets incorporated into the Core Soul. This process of the Soul then becomes a Soul within a Soul. Quite often the Soul within a Soul is referred to as the Flower Of Life. Going into any reality, the Core Soul only brings a portion of the essence of itself into that chosen reality. The rest of the Soul stays in different realties of the Universe. The part that has chosen to come into physical reality on Earth can still have access to information that is with the different parts that are residing in other realities.

All Souls are the manifestation of love and light. Older souls have a greater wisdom and knowledge acquired than a younger Soul that still has so much to learn in any reality, be it in the extended Universe or physical reality. Therefore, older Souls often take on greater tasks than younger Souls could handle. Or, the older Souls do not come back into physical reality until something new can be learned. Quite often an old Soul has not learned what it needed to learn in a previous lifetime and therefore also comes back, where it is given different opportunities to learn from the same type of life experiences.

The Soul Essence also brings along Soul Parts and Soul Aspects when creating a body. For example, in a company one would refer to the Soul Essence as the director, the Soul Parts would be the executives and the Soul Aspects would be the employees. The Soul Essence comes in with its full light spectrum, the Soul Parts

with three quarters of their light spectrum and the Soul Aspects with a quarter of their light spectrum. The Soul Parts are only partly instrumental in creating the physical form and the Soul Aspects have no say in the creation of the physical form at all.

The Soul comes from unconditional love and stays neutral in all experiences. Since the Soul has to live in a physical form that has its own consciousness, called the ego, it is often limited to experiences that it has set up for itself because the ego has the freedom to grow as the ego chooses to grow.

If the Soul has acquired negativity in this lifetime or any other lifetime, it has a shadow side and always wants to clear the negativity it has previously acquired. When it has overcome this negativity, the Soul is free and whole again. Being free means it doesn't need to come back to re-experience anything in this reality. A Soul may choose to come back and now has the freedom to experience whatever it wants without restrictions from the past. A Soul that still has to experience or clear a lot of negativity will not have the same freedom.

Before the Soul comes into physicality, it has to present its choices of what it wants to experience to the Board of Universal Law (also called the Karmic Board). The Board of Universal Law will decide if the Soul can go ahead with these choices. The Boards' decision is based on how much freedom the Soul has acquired in previous lifetimes and also how old the Soul is. An older Soul has a greater ability to handle difficult situations than a younger Soul has and the Board determines if the Soul's choices align with the Soul's experiences.

As said before, the Soul Essence is part of the Core Soul, but has its own identity. Soul Essence is the part that chooses to come into physicality. In order to experience physical life the Soul Essence needs a physical form. It chooses the parents and their DNA to get the physical light density that it needs for the chosen experiences. As an example: being an athlete, one needs a greater physical density than a person that is called a healer. A healer would need a body that is less dense so energy can flow through his or her body without restrictions in order to adjust the energetic system of somebody else. The Soul Essence also

accesses the genes of the parents in order to have a greater range of life possibilities that it can choose from.
The Soul Essence sets up many life experiences to master its lessons. It does not limit itself to just one possibility. Being in a physical reality, it also has to live by the laws that are here. Even so, the Soul Essence sets up the lessons that it wants to learn or to correct or master. It stays neutral in all situations and only guides the Ego and Spirit toward the decisions to be made. If the Ego or the Spirit do not listen to its guidance, the Soul Essence has the right to put roadblocks into the life of that person. These roadblocks can be recognized by the person when something doesn't flow the way she/he wants. Maybe the roadblock is placed because it is not the right time to make a decision or it might not be the best decision after all for the person. It is always wise to listen to the guidance of the Soul. Each possibility leads to a different outcome. The physical consciousness and the Spirit do not always handle feelings very well or do not always listen to the guidance of the Soul and as a result become frustrated with the outcomes.

When there is miscommunication, the Soul cannot learn everything that it sets out for itself to attain in one lifetime and may choose to return from where it came. Many Souls leave before they have accomplished what they have set out to master. Because of all the difficult emotions that physical reality is based upon, the Soul may choose to leave earlier than it had planned to.

The lessons that the Soul chooses to learn can be solved on lower frequencies or on the highest frequency. Physical reality is based on feelings that are experienced through the physical body. Other realities are based on mental consciousness. It becomes a totally different mastery when one can master the feelings in all the different experiences. When one understands knowledge through feelings, one can attain wisdom and peace within one's own life. As an example, if one is angry at a person and without thinking about it directs that anger at that person for retaliation, it would solve the problem on a very low frequency. On the other hand, by not directing the energy of anger at the other person but finding out the reason for the anger and solving it within oneself one would solve the problem on a higher frequency.

In mastery, there are no short cuts. In each lifetime the Soul can choose what it wants to experience with the agreement of the Board of Universal Law. The learning of the Soul is to have compassion for the suffering and pain that the physical body experiences. To have perseverance is to not give up on the body and to have patience for the physical body because it has to work everything through emotionally and mentally. The Soul also needs to learn to love the body unconditionally. Thoughts can be changed instantly, but the body requires time and space to work something out in the physical. When the Soul attains knowledge through feelings, it acquires the wisdom at the same time, and therefore evolves in its physical reality. The difficulty comes into play when the Physical Ego and the Spirit do not always listen to the guidance of the Soul or the Soul does not listen to the Physical Ego or the Spirit. When communication between the Physical Ego, Spirit and Soul is poor, feelings can become overwhelming and nobody learns her/his lessons. Therefore all lessons cannot be learned in one lifetime, and so a Soul is given another chance by coming into another body and is able to learn the lessons then.

The Soul Essence is the guiding force that makes the final decisions in physical reality. As an example: Soul Essence decides when it is time to give up the physical form and there is nothing that anybody in physical reality can do when this decision has been made, only the Creative Force can intervene. The Soul Essence is the teacher and the guiding force in the whole experience of physical reality.

Soul Parts

The Soul Parts are partly instrumental in creating the physical form as I've mentioned before. These are Parts from different Soul Essences of the Core Soul that have agreed to be part of this lifetime and to assist the Soul Essence in accomplishing what it has set up for itself to experience. Soul Parts are like a guiding force to the Soul Essence. The agreement is, if the Soul Parts want to learn, clear or master something, they have the right to bring these lessons forward and then the Soul Essence is the guiding force for them.

Soul Aspects

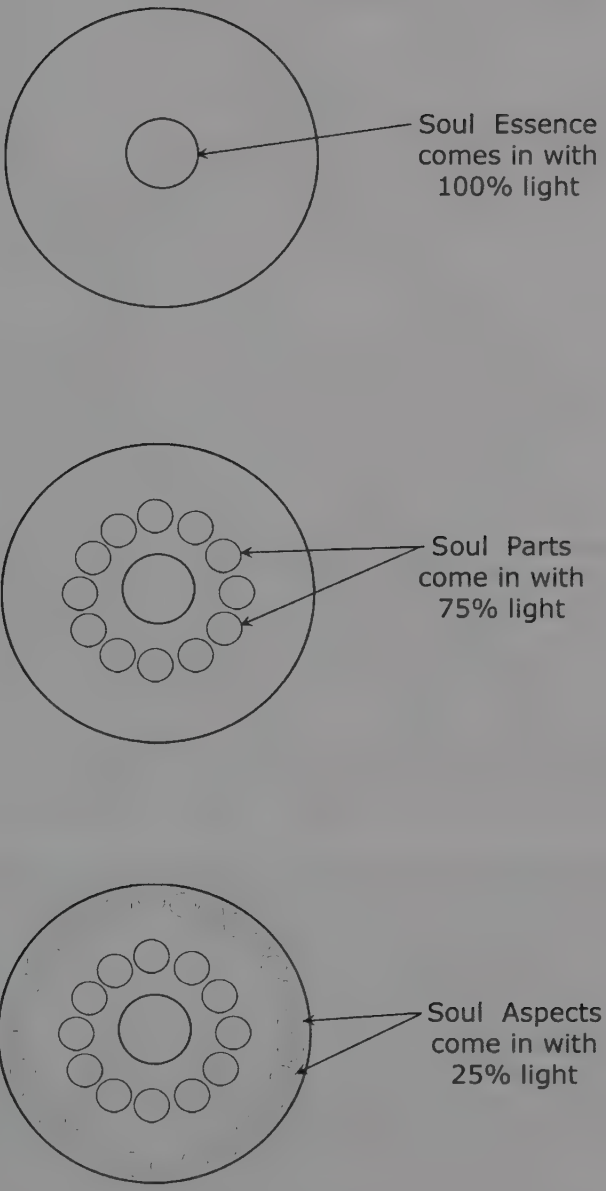
Soul Aspects come from different life experiences and might just have to clear a past lifetime. The Soul Essence has agreed to bring these Aspects along but Soul Aspects have no say in the creation of the physical form. Soul Aspects are only students that learn from the Soul Essence and Soul Parts about how to correct the past that they were a part of. Soul Aspects also have the right to attract life experiences to themselves, that they would like to correct. Once they have learned their lessons, they have the right to leave. So, the Soul Essence is the teacher and the Soul Parts are the assistant teachers to the Soul Aspects. At the same time the Soul Essence and the Soul Parts are also students because they learn from the Soul Aspects what experiences not to create. The Soul Aspects make up your personality. So, when Soul Aspects leave the energetic system the personality of a person can change.

If the Soul Essence is not very strong, Soul Aspects can come forward with their own personality. In the medical field a person with a weak Soul Essence would be referred to as having multiple personalities. In reality we are all multidimensional. Nobody is just a single energy, we actually have many energies making up who we are. It doesn't matter what religion one belongs to or whether or not we believe in anything, or whether we are male or female, we all have the same energetic make-up. By this I mean, we all have a Soul Essence, Soul Parts and Soul Aspects.

The purpose of the Soul is to experience physical reality with all its feelings and to master these feelings, which it gets to know through the physical form. There are no shortcuts in mastering a situation.

Refer to Illustration: page 25

WHOLE SOUL


Soul Essence
comes in with
100% light
Soul Parts
come in with
75% light
Soul Aspects
come in with
25% light

WHAT IS SPIRIT?

The Spirit is also part of the Creative Force and the Soul. Spirit has its own purpose, namely it is the moving force that brings all the wisdom into physical reality. Therefore, Spirit also needs a body to function through to impart this wisdom. The body of the Spirit is also referred to as the Spiritual Body or the Energy Body. This Energy Body is created out of light beams and connects to all the different parts of the physical form. It looks like an energetic light net that goes over and aligns with the physical form. This Energy Body is where the Spirit moves through to bring in information and this Energy Body is also the blueprint for the physical form.

The Spirit carries the same vibration rate as the Soul and may also be referred to as the sub-conscious mind. Spirit carries a lot of information that the physical mind is not aware of. It is the force that stores all experiences, be they physical, emotional, mental, or spiritual, which are happening in the physical reality and stored in its memory banks. All together the Energy Body consists of four bodies; one body for the physical, one for the emotional, one for the mental and one for the spiritual. Each of these four bodies has four layers, each carrying different colours. The general colour of the Spirit is blue. Everybody's Spirit has a different vibration rate and strength of light. Therefore, the blue colour will be different for each person. The more the energy moves in the Energy Body the more alive a person will feel. So, it is very important to get the energy to move in this body and to look after one's Spirit. If the energy does not move freely enough, it will affect the physical lymphatic system. To get the energy to move in general, one can do exercises that have a flowing motion.

The Energy Body is very complex and is already partly present before conception even happens. Please keep in mind that the Soul chooses the parents and therefore starts its manifestation through this energetic body before conception. So, in reality there are no accidental conceptions.

All the belief systems that we live by are programmed into this Energy Body. If these beliefs are not based on Love, they will diminish the life force of the Spirit and slowly breakdown the Energy Body, which in turn will affect the physical body. It is

important to have belief systems based on Unconditional Love to keep the body strong which results in a lesser chance of a breakdown in the Energy Body and as a result a lesser chance of a mental breakdown.

It is very important to keep this body grounded so it can align with the Physical Body. If one has an accident and the Energy Body gets shifted out of balance, one can experience excruciating pain because of the separation between the two bodies. If anything is shifted out one way or another, the Physical Body cannot function as well as when everything is in alignment.

The learning of the Spirit is to have compassion and understanding for the physical consciousness. The Spirit operates only on thought and in thought you can do everything instantly. The actions and words come in with the physical body; however, as mentioned before, the physical needs time and space to work everything out emotionally and mentally.

The learning of the Spirit is to not be "high-handed" over the physical body and to allow the physical body the time and space to learn its lessons. If the Spirit overrides the physical body, it puts stress on the physical form, which is reflected in mind over matter. This means for example, when you talk yourself into doing something when your body is too tired and you really don't feel like doing it. If Spirit doesn't control the physical body, it is mind and matter in alignment and there is no stress on the physical body.

This Energy body is the body that people project themselves through from the other side to loved ones in the physical reality when they have passed on.

The Energy Body/Spiritual Body makes up your personality and it has its own ego.

WHAT IS THE PHYSICAL BODY ALL ABOUT?

The Physical Body is the third manifestation of the trinity (Soul-1st, Spirit-2nd, and Physical form-3rd) and is called the conscious mind. Since most people are not aware that Soul and Spirit also have a form, they can only relate to their physical form. Most people believe that we all have the same density of physical matter in our physical form. This belief is not correct. We all have a different density of matter which depends on the level of light that can penetrate our physical consciousness. The EGO is the consciousness for the physical form and because it is only familiar with what it has learned in physical reality, it can only function on that level. (The Soul chooses the parents in order to get the density of matter that it wants to work through in any given lifetime.) Initially, the physical consciousness is not aware of what the Soul has chosen to learn or correct in a lifetime because of the Veil that has been placed over the Spiritual Eye.

A highly evolved Soul can choose a very dense physical body in order to bring the density of this physical consciousness up into a higher level of understanding. The problem with this is that going into such a level of density can bring about forgetfulness for the Soul and then the Soul cannot remember anymore who it is or how to access the information. On the other hand, a highly evolved Soul can also choose a physical consciousness that has a very light density where the molecules are spaced apart more so that more light can be brought into the spaces. This means that, this Soul has chosen to do very highly evolved work in this lifetime and cannot be in a very dense body.

In a very dense body one cannot feel the movement of the energy as much as somebody that is in a body that is less dense. It is possible to bring a physical dense form into a lesser dense form by bringing a higher level of consciousness into it. In order for this to happen, the EGO of the physical needs to be willing to surrender to the higher levels of consciousness. This does not mean that the EGO will be given up; otherwise the physical consciousness would lose its own identity. This means that by bringing a higher consciousness into the EGO, it brings the Physical Body, Spirit and Soul into alignment. Once the trinity is in alignment they can work together as one unit as they were meant to function. If the EGO is willing to let go of the control that it thinks it has over life, peace

can be brought into the whole system. So, every manifestation that we see outside of us is a reflection of what is going on within us. The more people bringing peace into their physical reality by aligning the Physical Body, Spirit and Soul, the more peace we will have on this Earth.

What is very important to keep in mind is that the physical form needs time and space to work something out. The physical needs to experience the emotion and be able to use its logic in a balanced way in order to make wise choices as each choice the physical makes has consequences not only for this lifetime but for future lifetimes as well. What the physical body needs to learn is to listen to the Spirit and the Soul or the Creative Force for guidance. If the physical body only chooses to make the decisions on what it has learned in the physical reality, it might have to learn its lessons in a much harder way. By learning to listen to one's intuition the physical body is kept out of trouble and the lessons can be learned more gracefully. What needs to be understood is that the physical consciousness was once part of the Soul that chose to become physical. Going into this kind of density that the physical reality represents, made the physical body forget that it is part of the Soul that once chose to become physical.

According to Universal Laws, the physical consciousness was given the freedom to choose how to grow, when to evolve, and/or when to stand still. Therefore, nobody can really tell another person what to do, or place judgment on another because each person has her/his own journey to experience. A person has the freedom to evolve into a higher consciousness or stay in the consciousness that she/he has come into. But she/he will always take the consequences of her/his actions, words, thoughts or feelings.

The learning of the physical is to listen to the guidance of the Soul and Spirit. We are all in the process of bringing a higher consciousness into our physical consciousness. We are moving from a 3rd Dimensional creation into a 5th Dimensional creation which gives us a higher awareness of what life is really all about. Before getting into a 5th Dimensional reality, one goes through the 4th Dimension where all negativity can be brought to one's awareness to look at in order for one to let go of or to make different choices in response to this negativity. The physical body is the temple of the Soul and Spirit. A wise choice is to respect,

honor, love, and take good care of our physical body because without it, the Soul and Spirit cannot experience physical reality.

COLOUR & SOUND

Colour

Colours are part of creation itself. If we did not have colour we would see everything in black and white which in reality has all the colours within them. When you look at the energy of a person you will see that they are a ball of light. The brightness or darkness of the colour that surrounds a person depends on her/his level of consciousness. The colour range for each person is different which is also dependent on the level of consciousness that a person has attained. The colours are also affected by positive and negative thinking and in her/his physical body. There are people who really see life in black and white. They have lost their ability to see colours which is reflected in their inability to see all the different possibilities that are being presented in life. When a person sees life in just black and white, she/he does not have many choices on how to solve the different life experiences which then makes her/him very rigid in her/his thinking.

Perfectionism also comes into play when people view life choices as black or white. Life is about evolution not about perfectionism. If one thinks they are perfect and do not need to learn anything else any longer, she/he is not flowing with their potential to evolve into a Higher Consciousness as life is always an evolution. We are all perfect as we are but there is always more to learn. So, do not get stuck in perfectionism. Life knows no limits and there is no judgment on life itself.

Life can always come up with new experiences to learn from. Even bringing everything to a higher level of consciousness might bring new and higher vibrational colours into play. But, the essence of it all is the learning and attainment of wisdom from the experience. A person that knows how to work with the different colours of creation has a greater range of possibilities on how to solve the different life experiences and she/he will gain a greater level of wisdom than somebody who only sees life in black and white.

There is also the colour grey. Usually somebody that has a lot of grey in their system does not always see what they are doing because grey is the colour that represents covering things up from experiences that one does not want to see. A person that is very

vibrantly coloured would have a totally different colour range than a person that is seeing life in grey or black and white. The other aspect of grey is: if a person in a pastlife went through enormous trauma, the grey is used to protect the person from the memory of the event till the person is ready to look at and heal the experience.

Colours can be light or dark. The lighter colours have a higher consciousness than the darker ones. By darker colours I do not mean colours that have absorbed negative energy, they only carry less light. Any colour can absorb negativity and become cloudy. A lighter colour can absorb negativity just as much as a darker colour can. So it is always important to clear the negativity from all the colours that are a part of one's system. The more one clears the negativity out of all the different colours, the more one will feel alive, more vibrant, and lighter in the physical form. One will also see with greater clarity the beneficial choices that one can make. Each colour also has its own sound because creation is based on colour and sound. Colour is the structure and sound is the movement. The light itself is consciousness that can transform into thought and form, along with colour and sound.

Sound

Sound is also part of creation and carries its own colour range from the light that has created it. Sound is everywhere; even if we cannot hear it. Colour and sound are part of each other, since colour carries the sound frequency and sound carries the colour frequency. When sound came into play through the WORD, we were able to communicate on a different level than was done in other realities where communication was based on telepathy, extra sensory perception, and instant knowing. Being able to speak what we think and feel gives us a greater range of communication and so sound from the beginning was developed over time on a greater scale to broaden our ability to communicate. As we evolve there will be a higher frequency of sound added, which means that we will have a greater range of frequencies in our voices. When we speak with the energy of love or unconditional love, higher vibrations will come into play and the person that we speak to will feel the tone of love being transmitted to them because this energy carries a great warmth that covers a person like a soothing

blanket. If we use the energy of anger, the person that we speak to will be repelled by the energy and will go directly into a defensive mode. And, because of the way we all have spoken through eons of time, the tones of our languages have accumulated a lot of negativity making our sound unclear.

When you have learned to see the energy when people speak, you can see the dark colours that come out of a person's mouth. In this way you can also know if the person that is speaking comes from integrity and honesty or not. Therefore, it is very important to watch what we say, how we speak, and to use the energy of love to communicate instead of the energies of fear, control and/or manipulation. If you use the energy of love in a balanced way and do not use your voice to either manipulate or control the intended message, you will leave the other person free will in her/his decision in how to respond. When listening to your own voice when you speak, can you feel where your sound comes from? Does the sound only come from the left side of your voice box, using your feminine energy only, or right side of your voice box, using your masculine energy only, or do you speak from both sides at the same time being balanced with both your feminine and masculine energy? Do you speak from your physical mind or from your Soul (heart) only; or do you speak by combining Soul (heart) and physical mind?

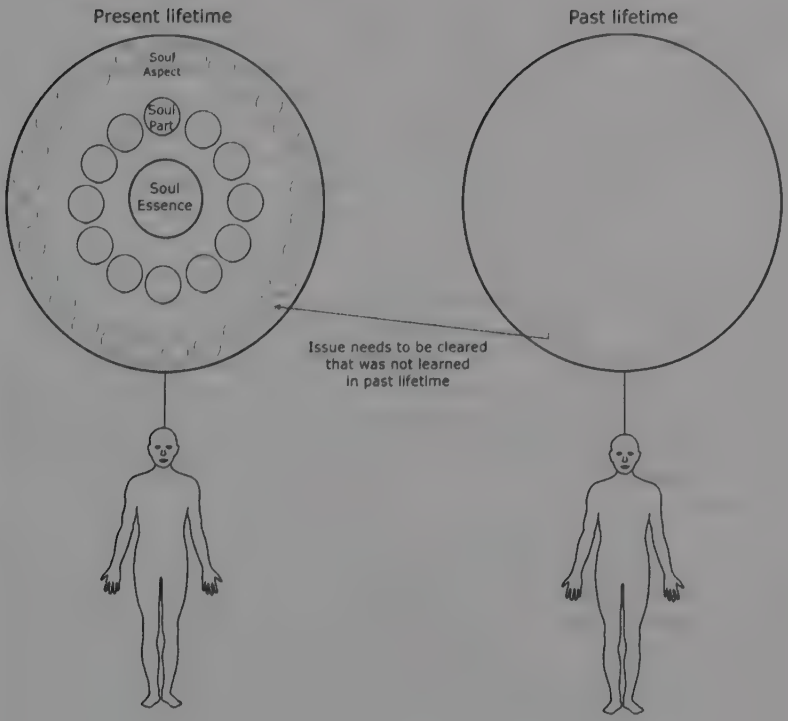
PAST LIFETIMES

A lot of people have difficulty in understanding and accepting the reality of past lifetimes because they think they were a certain person from another lifetime which is totally incorrect. Nobody ever is or will be somebody else in another lifetime. We all experience a lifetime only once as the person that we are presently. Because we are multi-dimensional beings, we can be part of different life experiences in other lifetimes. I will use the word energy in order to make it easier to understand. If I say I was Joan of Arc that would not be correct. Instead, if I say that part of my Soul was part of the manifestation that was called Joan of Arc, then that would be the truth. Most people think that they are created as one energy because they have one body, but that is not so. The energy system that governs the physical body is made up of trillions of energies just the same as the physical body is made up of trillions of cells. Any one of these energies could have been part of a different manifestation of a person in another lifetime here on the planet.

Past lifetimes are not to be looked at as a means of judging who we are. All past lifetimes are there for us to learn from, either to identify what needs to be corrected or what still needs to be learned from the experience. One will always be faced with what one has created, be it in this lifetime or any other lifetime, and one will always carry memories of other lifetimes in her/his present energy system. The Creative Force would never limit one to just one chance in life to correct something. Yes, you will always be forgiven but that does not mean that you have learned the lessons that you needed to learn. Therefore, you are always given opportunities to correct experiences in other lifetimes. You will always be put into similar situations that you have previously created through other life experiences and then given the chance for mastery of the lesson and to learn to come from a place of Unconditional Love.

Refer to Illustration: page 35

PAST LIFETIME



BELIEF SYSTEMS

We all live by belief systems that affect our daily lives. It is not to say that these belief systems are good, bad, right or wrong. What is true is that whatever you believe, you will attract. This statement is based on the Law of Attraction. All belief systems give people different life experiences. If the Soul chooses to live by certain belief systems to get the life experiences that it wants to learn from and receive the wisdom from, who is to say that this is wrong? We are all at different stages of the journey of our learning experiences. These stages are based on the level of consciousness that one has attained. A Soul that has gone through most physical life experiences can change all belief systems into a higher level of consciousness. As an example, if somebody believes that they are not worthy; experiences will be played out to substantiate this belief. If that person changes this belief to "I Am Worthy", they will have totally different life experiences. Therefore, it is very important to find out all the belief systems that one lives by and determine if they are based on love or based on fear or any other emotions and then choose to create the reality one wants. We often live by one belief system on top of another belief system. It is important to find the core belief system that is the underlying force that is running your life to truly create change. Therefore, it is very beneficial to peel layer upon layer off to identify the core belief then change the corresponding belief systems. This process is like peeling an onion and in so doing, changes the beliefs; you have a more harmonious life instead of a life that is based on turmoil.

All your cells function in accordance with what you believe. If you believe in negativity your cells will not function very well. Your body is an expression of who you are and your health reflects that. Most people have the belief that as they get old they have to lose their health and the functioning of their brain. What if that is not the whole truth and there is another belief? There are many variables that come into play to sustain the truth that you can be healthy and keep your mental capacities and be very old. What if we embrace this belief?

I have experienced this by changing many belief systems that I used to live by. My health was always problematic and being 75 now, I have more energy than I have ever had before. This is the result of having looked into all the beliefs that I was living by and changing them, especially the beliefs that I learned from my parents, and grandparents. Once I recognized a belief, I had to ask myself if this belief was beneficial for me to live by and whether or not I wanted to maintain this belief. Then in conjunction with the Creative Force and my Soul, I learned to change those beliefs that didn't serve me anymore and that kept me in the past. By making these changes I created a much more harmonious life for myself. Changing unsupportive beliefs helped me to become less stressed, which in turn helped my nervous system to calm down. By changing belief systems, I've learned to see life's problems from different angles. It has become very clear to me that when faced with problems and choices to make, I choose beliefs that no longer put my system under any kind of stress.

If your belief systems are based on fear, you will never have peace in your life. I was always taught as a child that I had to fear God. But, in my heart I knew that that was not true. I changed this belief of fearing God to a new belief that God (Creative Force) is a loving God and that I will not be punished for anything that I do. Yes, I had to learn the consequences for my actions so that I would learn which choices would be beneficial for me and which choices would hold me back or get me into trouble. This is based on the Law of Attraction; what you have not learned you will attract. I also started to change the belief that I needed to be sick. So I started to find out how I created the diseases (disharmonies) in my systems. I realized that there were many issues involved that were based on old belief systems. A significant belief was the one where I had to make other people happy and totally disregard myself. Along with identifying and changing belief systems there were the past lifetimes that were also involved and impacting my health.

There is an exception to changing belief systems. If your Soul chooses to stay in a certain experience for the rest of its life, you will not be able to change the belief system. Only if your Soul chooses to evolve to higher levels of mastery of physical reality and evolve the physical consciousness at the same time can you

change your beliefs. This exception is in accordance with the Universal Laws. We also have no right as individuals to change anybody else. It is up to each person to want to come into a higher level of consciousness and to choose to make the necessary changes to do so.

recommended reading: Dr. Lipton, The Biology of Belief

NEEDS

Since we are all on different levels of evolution, one cannot expect somebody else to think the same way as oneself, and what is the truth for one person might not be the truth for another at that time. What I was looking for was the truth in everything for me, so that I could come out of all the pain that I was in. Then I realized that all my pain was really based on all the needs that I had and the expectation that other people had to fulfill these needs. I realized that I needed to learn to take care of my own needs, so I was no longer dependent on other people for my happiness. Looking to the outside, namely my husband, children, parents, friends or anybody else for that matter, to make me happy was not going to do it. So I started to look to the inside and all these questions came up. At the heart of these questions was the question, why am I unhappy about this given situation and what is the cause of it?

I realized that I was cut up into all these pieces that had their own needs. I knew that I had to identify all these pieces and put them all in order to help them to heal and become a whole person again (same as putting a puzzle together). Through this healing I would no longer be somebody that could be pulled in all directions by other people who depended on my needs or where I fulfilled somebody else's needs. During this process, I learned to honor myself and my body. I also learned to say "NO" and recognized that it was a full sentence (meaning I did not have to provide an explanation). Before, I would try to make everybody happy or smooth everything out to keep them happy. I was always there for everybody, no matter how tired my body was. Everything came down to the question: "Do I want to keep my body"? And the answer for me was "Yes". My body was created for me, so I could live on Earth. Without my body, what would I do and how could I honor my life's purpose. If I continued to put my body through all the stress of pleasing others, I would get ill and lose my body sooner than I had to. When I realized this I started by not thinking so much for others, and letting them solve their own problems. I would still offer advice, but if they did not want to use the advice, I would not try to convince them that this is what they needed to do.

I learned to understand that this was the stress I was putting on myself, namely trying to solve everybody else's problems. As I stopped doing this, the stress in my head minimized and I became calmer. This was a great relief because I had suffered from migraines since I was a young child. The pain was sometimes so excruciating that I would bang my head against the wall. I thought it lessened the pain when in reality; I was banging my head against life itself. I remember a neighbor in Montreal at one time saying "Inge, you only live half your life and the other part is pain." At that time, I would usually have three days of migraines and when I came out of one headache, I would have another one soon after. There were many times where I did not want to live anymore because the pain was overwhelming and unbearable. I tried many medications but they only minimized the pain. The most relief I got was if my husband made very hot wet towels to put across my head. These towels were so hot that my husband could hardly touch them, but they gave me the greatest relief from all the pain that I was experiencing. In the end the healing came from untwisting part of my Energy Body that was holding information about past lifetimes and by correcting energy beams that were disconnected from my Energy Body. I also corrected beams that were connected in places where they should not have been connected to.

Today I have no more migraines and have learned to stay out of other people's life's unless I'm asked for assistance.

EMOTIONS AND STRESS

We all have emotions and out of emotions come our feelings. Learning to feel life in all our experiences through our five senses and without going into stress mode would be the goal that we all would like to attain. It is important to be able to live life without having our physical bodies put into stress. Stress gets the heart racing and the adrenals working overtime, which is not healthy for the body. You want to keep your body out of unhealthy stress to stay healthy. Your body will function on a totally different level when there is love, joy, and happiness in your life. The energy of stress will eventually bring you down. Stress has the tendency of spiraling the body down and leading it into depression and in turn causes you to not want to live because you cannot handle the heavy energy any longer. Because unhealthy stress is a very heavy energy and pushes on you, it will eventually destroy your spirit.

On the other hand, it is very important to keep your feelings, but without pain. When you have a lot of pain in your feelings, you are not able to direct your life. When you take the pain out of your feelings you will become the observer of your life. As an observer you can see the situation you are in and have the ability to make choices that are beneficial to you. If you are under stress, you might not be able to make rational decisions that will be in your best interest. Therefore, it is important to look into the nicks and crevices of your system where you have stored all the pain that you carry from previous lifetimes and also from the present lifetime and release and correct them to experience a life free of pain.

Going back into the womb, and even to how you were conceived, can create painful feelings that you have picked up from your mother or father and on a subconscious level you are now living these feelings without even knowing it. These painful emotions can also be brought in from the past. Your whole health is dependent on having healthy feelings without pain. When your body is free of unhealthy emotions you can function at an optimum level. But, if you have feelings of pain locked up in the cells of your organs, glands, muscles, etc., your body cannot function at its optimum level.

Feelings put chemicals together in your body. If your feelings are positive, elements are being used to create a healthy body. If your feelings are negative, elements are being put together that will create toxins in your system and eventually break your body down. So, you are the creator of your life and how healthy your body will be depends on your thoughts, feelings, words, and actions. Your body was created to be an expression of your Soul and Spirit. We do not need to be sick or lose our minds when we get older. We, ourselves, break our bodies down through our thoughts and then the emotions that create the feelings come into play. When you have learned to take the pain out of your emotional feelings, the physical body is able to stand up emotionally. Then you cannot be controlled or manipulated by others and your heart and adrenals do not need to be under stress any longer.

Each emotion has a specific vibration rate. All emotions can be used positively or negatively. If your emotions are being used positively, they will not put stress on your system. If your emotions are being used negatively they will create stress. The vibration rate of the emotions dictates what will be attracted. The Universal Law says that what you have not learned is what you will attract as mentioned before.

MY EXPERIENCE ABOUT WORRYING

As I mentioned before, being connected to the Creative Force as a child gave me great inner peace and security. When this connection was shut down, I learned to worry about what would happen next and I became a worry master. Today, having gained this connection to the Creative Force back I think about life and all the different possibilities I have. I do not worry about the outcomes in life for now I understand that worrying about anything is not going to change the outcome of any problem, but finding solutions will. Worrying will deplete my will power, where learning to solve problems with the guidance of the Creative Force, my Soul, and Spirit will not. The realization of this made life much easier. For the first time I started to enjoy life, knowing that nothing needed to be learned the hard way or that I didn't need to worry myself sick and live in fear all the time. Not being the victim of life, but becoming the leader of it was more than reassuring now that I was capable of mastering all the different circumstances. Through these learning experiences and my connection to the Creative Force, a much bigger picture emerged about life than what I had ever understood before. I am so thankful today for all the trials and tribulations that were part of my life because the learning was incredible. Having my connection to the Creative Force back gave me the greatest richness in life that I could ever want. My love for this Force is unconditional.

Looking back at my life and many other lifetimes, I realize what a great gift was given to me by having to go through all these trials and tribulations. In the end, through this healing process, I learned to understand the purpose of each one of my experiences which brought me back to understanding myself better and creating wholeness within myself. This process also opened the door for a new reality which, namely, meant going through different lessons again, but solving them on a much higher thinking level. What a blessing for me to have this opportunity – learning to love physical reality, and seeing the little miracles that were happening each day that I never recognized before.

Worrying puts stress on your system. So, learning to connect to the Creative Force and releasing your worries will lead to a much more enjoyable life.

You might want to change the belief that worrying doesn't change anything but wanting to deal with any problem that is presented to you does. You also keep your power that way. With worrying, you will lose your power.

WHAT IS A DISEASE ENERGETICALLY?

What is medically called a disease is energetically referred to as dis-ease or disharmony.

So how are disharmonies created? Disharmonies are formed mostly through negative thoughts that create energy blockages in your energy system. The spoken word, feelings and actions will add to these blockages. Everything you think, feel and speak gets programmed into the energy system. If negative thoughts, feelings or words do not get removed by addressing the issue in a positive way, they will eventually move into the physical body as a blockage to the energy flow where it then creates the corresponding disease. Every negative thought, word, feeling and action has a specific vibration rate that attracts a corresponding dis-ease that aligns with this vibration rate. Also, your Soul chooses to experience different dis-eases from the past that have not been healed and therefore brings the dis-ease into physicality.

The thoughts and feelings that you might have at 15 years of age would have different vibrations then those thought and feelings at age 30. Everybody creates their own reality. As an example: I had bladder cancer. It was created by something my father had said to me when I was 11 years old. I do not remember what it was, but I internalized it so deeply that it created bladder cancer for me at the age of 65. I went for the operation, but I also worked with the issues that were creating the cancer. Now I have the ability to feel the energy of the cancer in my body. As I worked on it, I discovered I even had past lifetimes that needed to be released. The energy diminished more and more as I identified the issues. I even called the spirit of my father in front of me and asked him to recall what he had said to me at the age of 11 years. I know he did as I asked because I could feel the energy leaving my body. Today I no longer feel the cancer energy within my body. I also brought new energy in where energy was missing to support my bladder so that my bladder had its full strength back and could heal.

Energetically many diseases can be removed or corrected, unless the Soul of the person decides otherwise. If the Soul chooses to go through a specific experience for the rest of its life nothing can be done because it is the Soul that decides if the body is to be given up. Everything is first manifested into the energetic system and then moves into the physical body, not the other way around.

Naturally the environment and the way a person lives also has something to do with a person's disharmony. It is important to find the cause for any disease and remove the cause. Otherwise the healing is just a cure in the present and a person will go through the experience again in this lifetime or any other lifetime until the issues are cleared. It is up to a person to decide what they want. There is no right or wrong. Finding the cause for a disease and clearing the issues, means it can be healed and the person does not need to go through it again. If it is a cure the disease will be relived again in this lifetime or the next. It all depends on a person's evolution. For myself, I do not want to relive any disease. So I also find the memories of different diseases that are programmed into my energy field from past lifetimes that my Soul brings forward into the conscious mind in order to heal them so I do not need to experience any dis-ease in the physical.

Once a disease has manifested into the physical body it is a wake-up call for you to look at what it is that you need to change? Do you need to change your thinking, speaking, feeling or actions? Are you affected by the environment and how can you protect yourself? Do you nourish your body by eating food that sustains you?

The disease is there to get your attention. Pain is the greatest teacher of all. Most people only look for a solution when the pain, be it physical, emotional, mental, or spiritual, becomes so great, that they do not know how to live a happy life any longer. Because life is to be joyful, then why not create a life of happiness and joy and identify the issue that created the dis-ease in the first place? Just watch your choices; they will determine what experience you will have.

You see, everything is in place for a reason. The medical field has its own purpose with all the diseases. Bacteria, viruses, parasites etc. have their own vibrational rates and their own purposes, because they have a counterpart in your energy field, and will be attracted into the physical through these different vibrational rates so that people can deal with them. The energies can even come with you from a past lifetime into this lifetime. Everything is programmed into your field before you come into physicality.

If one wants to find the cause for a harmful bacteria, virus, etc., it is important to find the issue or past lifetime or what energy the bacteria, virus, etc. feeds on. For instance, if the harmful bacteria feeds on fear, which is, by the way, the energy that creates most diseases, you will need to know what kind of fear. There are many different kinds of fears such as being hurt physically or emotionally, being alone, not having enough, etc. To determine where the fear originated, you can do a timeline or check into belief systems or past lifetimes that may be the cause. The fear needs to be released. Sometimes one needs to walk through the fear to come out of the fear and then the bacteria or virus, etc. has nothing to feed on energetically. If the harmful bacteria has already manifested into the physical body, medication or herbs may also need to be used to help clear the body of the bacteria.

It is important to understand that what is there in the physical also has a counterpart in the energy field. As a disease is dealt with in the physical, it also needs to be removed out of the energy field, so one does not have to experience it again.

Therefore, it is very necessary to understand why one has created the disease or accident in the first place, so one does not create it again. As I mentioned before, many things can be reversed or eliminated, one just needs to know how. If the physical body is quite destroyed, not much can be done energetically because it takes time for healing as the energy of a dis-ease can sometimes move faster than the physical body can adjust to the healing energy.

WHAT IS HEALING AND WHAT IS A CURE?

Healing means you determine the cause of the disharmony in your physical and energy systems and then reverse the disharmony in the energy field. You do this by finding the issues, and then determining how and why you have created the disharmony. Once the issues are identified and you get into to the same situation again, you will have the opportunity to make different choices. Therefore, nobody can heal another person. Everybody lives in their own body, has their own feelings, and chooses their own thoughts, words and actions. Even so, illness or physical pain can always be taken from a person or corrected through an operation, etc. but that doesn't mean the person is healed. This is how a person is cured.

A person is healed when they understand the Law of Cause & Effect. This is a Universal Law. Whatever anybody has not learned, they will continue to attract. It is the responsibility of each person to heal themselves. It is not wise to blame other people for one's own short comings because nobody can do anything to you unless you allow it. Since everybody creates their own life, be it in this lifetime or any other lifetime, they are responsible for their own creation. We all have the ability to heal ourselves. All one needs to do is think positive thoughts instead of negative ones. Negative thoughts attract negative chemicals within the body. All negative thoughts have a manifestation in one's energetic system and this manifestation will be brought into one's physical system as dis-ease. Each person has the opportunity to evolve into a higher level of consciousness which will then heal the old manifestation that one has created.

When healing yourself, you may seek the support of a medical doctor, a naturopath, physiotherapist, chiropractor, and/or somebody who knows how to work with energy, etc. so that they can assist you in your own healing process. It is important to understand that you need to make the necessary changes in your thinking so that you do not create the disharmony associated with those thoughts in your system that can manifest into what the medical field calls disease. Only you can make these changes, and nobody can do it for you. Many people can assist you with making the necessary changes in your thinking, so that you do not create anything that is detrimental to yourself.

A cure is when a dis-ease or disharmony is taken away physically, but the person does not identify how they created it or why. If the issues that caused the disharmony are not addressed in her/his life, the dis-ease will manifest again in this or another lifetime.

Each thought has a specific vibration and if negativity is used in that thought, the chemicals that are being put together create a block in your energetic system. All the elements that create matter can be put together positively or negatively depending on your thoughts. Thoughts always come first before anything else comes into play, like food or exercise. Negative thoughts can break the body down. Also, past lifetimes that are part of the Soul can attract issues that have not been addressed and healed at the time. So, each person is in their own laboratory.

There is a saying "As you thinketh, so you are".
James Allen
(1864-1912)

THOUGHTS of SUICIDE

A person that commits suicide will have to live this experience through many lifetimes until this energy has learned to deal with difficult situations.

I had a client at one time who was thinking of suicide. I knew that the energy came in with him from a past lifetime. I asked him if he was willing to release the energy and he said yes. Once the energy was out of his system he did not even know why he was thinking about suicide.

This example shows that when we carry energies from the past, they can become very powerful forces and override all other energies of that person's system and then terrible things can happen. When a person has these thoughts, it is important to find out if the energies came from the past and whether or not they want to learn. If these energies do not want to learn, people have the right to ask these energies to leave their system. It is important to call on the Creative Force, or whatever a person believes in, for assistance.

If ever a person has thoughts about suicide, but has not done it, asking for a recall of these thoughts would be very necessary so they cannot manifest in a different form, like an illness or an accident.

Thoughts are very powerful and they can create realities that are not always beneficial. Therefore it is very important to watch your thoughts, so they do not manifest into something physically.

Thoughts can be asked to leave the system or they can be disintegrated depending on the severity of the thought.

WHAT IS AN ACCIDENT?

Now, you might ask, what about accidents?

Accidents can be the result of unresolved issues from past lifetimes or something that had a cause in the present lifetime. If two Souls decide to clear the past that is physically called an accident, would you call it an accident? You see, in the Universe there are no accidents, there are only experiences.

Even the doctor that would treat the person that was in that experience could have been part of the past lifetime between these two Souls.

THE VEIL AND SPIRITUALITY

When we come into physicality most people have a veil over their Energy Eye (Spiritual Eye) which means they do not remember who they are because they have no connection to themselves and the Creative Force. Only a few people know their own identity and who they are upon entry into the physical realm. Not remembering who we are is necessary in order to go through the different life experiences that the Soul has chosen for this lifetime. If one has not come in with a higher level of consciousness, the Energy Eye (Spiritual Eye) will be totally closed or only partially open. The veil that is between the Energy Eye (Spiritual Eye) and the physical eye will be lifted for the people that ask questions and want to know the greater meaning of life.

So how does Spirituality tie into a person's life? Spirituality is the search to find out who you are, and why you are here. It is to get to know the inner self and find all the different parts of yourself that have been in pain for so long. Spirituality is the journey back to the self and the Light that we were created from. Spirituality is not only about having the abilities of clairvoyance, clairaudience, clairsentience, etc. but more about understanding who we are and who everybody else is as a part of the Creative Force. Once you have this understanding, you can become whole again meaning; you no longer have to live your life in constant chaos, but in harmony and peace. Spirituality means one does not judge oneself or others. A spiritual life is based on love, understanding, caring, and respect for each human being for who she/he is, why she/he is here, and what she/he has come to learn. Spirituality is about forgiveness and being thankful for the opportunity that each life experience brings with it. Spirituality is also about taking responsibility for one's own actions and not blaming others.

When your outside self reflects the Unconditional Love for your inside self/and vice versa, you have mastered physical reality.

Start With Yourself

The following words were said to have been written on the tomb of an Anglican Bishop (1100 A.D.) in the Crypts of Westminster Abbey:

When I was young and free and my imagination had no limits, I dreamed of changing the world. As I grew older and wiser, I discovered the world would not change, so I shortened my sights somewhat and decided to change only my country.

But it, too, seemed immovable.

As I grew into my twilight years, in one last desperate attempt, I settled for changing only my family, those closest to me, but alas, they would have none of it.

And now as I lie on my deathbed, I suddenly realize: *if I had only changed myself first*, then by example I would have changed my family.

From their inspiration and encouragement, I would then have been able to better my country and, who knows, I may have even changed the world.

Anonymous

ANATOMY OF THE ENERGY SYSTEM

On the next pages I will explain the anatomy of the whole energy system that governs the physical body. It is not what people believe; that the physical creates everything. Everything is being brought out of the energetic system into the physical.

How would you know all that is programmed into your energetic system if it is not brought forward into the physical body for you to look at?

ANATOMY of your Energetic System

1. Vertical Energy Field
2. Horizontal Energy Field
3. Energy Body
4. Center, Main & Core Channels within the Energy Body
5. Main Energy Centers
6. Energy Centers of the Senses
7. Secondary Energy Centers
8. Energy Eye (Spiritual Eye)
9. Energy Release Channels
10. Zone Channels

RELATING to your Energetic System

1. Belief Systems
2. Past Lifetimes

SYSTEM OF THE VERTICAL ENERGY FIELD

STRUCTURE of the Vertical Energy Field

The Energy Field consists of PARTS
The Parts consist of SECTIONS (depends on evolvement)
The Sections consist of DIMENSIONS
The Dimensions consist of LAYERS
The Layers consist of SUB-LAYERS

The shape of the human energy field is oval with an opening at the top and the bottom so that energy can move in and out. The Energy Field is supposed to be 24 cm away from the physical body and extends outward, depending on the evolution of a person. It is important to have the same amount of energy all around the physical body in a balanced way so a person stands in the center of the field and is protected on all sides. The width of each part depends on how highly ones Soul is evolved and how many Parts, Sections, etc. one carries in her/his Energy Field. The field can be extended to 32 Parts. The number of Parts also depends on how highly a Soul is evolved. Not everybody can carry a field of 32 Parts. 32 Parts are based on a very high consciousness and a physical body needs to understand the higher consciousness and be able to live it. It is possible for people to see the Energy Fields of another person if they have opened the part of the Energy Eye (Spiritual Eye) that can see this energy.

What I see quite often is that people have moved most of their Energy Field into the back of the body which leaves them totally open in the front and vulnerable to outside influences. These people can very easily be manipulated and controlled. People that move all the energy of the field to the front can be attacked by negative energy in the back of the body. People try to unconsciously protect themselves from being attacked in the front by pushing the energies forward but this leaves them wide open in the back, and vice versa. Therefore, it is important to have the field balanced out and have the same amount of energy all around. If a person lives a lot in the past, the structure would be held backwards, preventing progress, and therefore one could not move forward in life as one may want to. If the past has not been cleared, one will have the same future as the past. By living in the present time and clearing the past, one can move forward into the

future and be able to overcome obstacles with ease. This does not mean one does not have problems to solve. However, these problems can be solved much easier if one has cleared the past than for someone who has not cleared the past and her/his thinking has not changed.

As mentioned before, the field consists of parts, sections, dimensions, layers and sub-layers. The width of each part depends on how highly a soul is evolved and how many parts etc. a person carries in their energy field. The parts of the energy field carry specific colours which are based on the rainbow. If these colours are placed in the correct order in the field, a person can see very clearly. When the colours are placed out of order in the field, this disorder creates a confused mind and can bring disharmony into the body.

If different parts of the field are shifted out, a person cannot move forward as they are being pulled in different directions. In order to move forward the whole field needs to be in unison. Therefore it is important to correct a weakened and damaged field. If the field is not very strong, every hurtful thought, word, and action can penetrate the field like a bullet and the person will feel like they have been attacked.

In order to create any form, the Soul needs a feminine and masculine field. The masculine field is the structure and the feminine field is the movement of this energetic structure, but they both work together.

PURPOSE of the Vertical Energy Field

In order for the Soul to function in physical reality it needs a vehicle that it can function through. So it creates an energy field (also called the Aura or Electro-magnetic field).

The vertical field carries the consciousness of the Soul and is also referred to as your super-conscious mind. It is the source of all the information that the Soul wants to experience or correct in a lifetime. This field also operates as a shield that protects the physical body from negative attacks.

This field can be damaged through many lifetimes and may have rips, holes, twisting, overlapping, shifting out, clouded through negative absorption, and/or merged with other people's fields. This will weaken the Energy Field and then it cannot function or protect the person as it was meant to. It is important that this damage is repaired, so that the field becomes strong again and a person has a greater chance of withstanding negative situations without feeling attacked.

EVOLUTION of the Vertical Energy Field

The evolution of the Vertical Energy Field depends on what has been mastered by the Soul, what still needs to be learned and what still needs to be corrected from the past of this lifetime or any other lifetime.

Most people carry a field of 7 Parts. At the present time the field can be extended to 8 and 9 Parts. This means everything that has been lived so far and all the experiences the Soul has gone through in physical reality are being relived on a higher level of consciousness. The 8th Part is based on transforming conditional love into unconditional love and the 9th Part is based on changing the environment. These two Parts are being placed between the 4th and 5th Parts so that the physical body has easier access to the higher consciousness. If these two parts were to be added to the outside of the field, the connection to the physical body would not be that easy as having the Parts placed between the 4th and 5th Part. If the 8th and 9th Parts were to be placed before the 1st Part or even between the 2nd or 3rd Parts of the field, the physical consciousness would not be able to instantly function on that high vibrational level.

Since the physical body needs to work everything through emotionally and mentally, it is important to bring the higher consciousness into the body little by little. In this way the physical body has an easier time integrating all the new information emotionally and mentally and the person learns to live and respond to life differently to support the vibrational energy change.

At the present time the field can be extended from 7 to 9 Parts. As mentioned before, this means everything that has been lived so far and all the experiences the Soul Essence has gone through in physical reality are being relived on a higher level of consciousness. As one attains the 9 Parts, it can be extended to 12 Parts and if attained, the 12 Parts can evolve to 18 Parts. All together the Vertical Energy Field can be brought up to 32 Parts for humanity, bringing humanity to a level of Unconditional Love.

Physical reality is based on the first three Parts of the Field which applies to our 3rd Dimensional consciousness and the 4th Part is the transformational point between 3rd and 5th Dimensional thinking.

COLOURS in the Energy Field

All colours are energy and have their specific wavelength and vibration. The colours of the Energy Field are based on the rainbow in the sky. They also need to be in a specific sequence in one's Energy Field in order for everything to work in unison.

Each colour has its own purpose. Each Part of the field carries the main colour and it also has all the other colours in sequence, dimensionally, layer, and sublayer wise. The colour red is used closest to the physical form since it has the longest wavelength and the lowest frequency; therefore it can go the deepest into the physical reality. The other colours follow in with the specific wavelength and frequency as the main colour accordingly.

Colour	Visible Wavelength (approximate values)
Red	650 nm
Orange	590 nm
Yellow	570 nm
Green	510 nm
Blue	475 nm
Indigo	445 nm
Purple	400 nm

nm = nanometer

NASA website
Science - Edu

But what has happened is that we have all shifted the colours around in our field. Through all of our life experiences, the colours have absorbed a lot of negativity and have become muddy and heavy. Because of this, we can no longer see clearly in many situations. Dis-eases and disharmonies are a breakdown in the colours as they have absorbed too much negative energy.

These 7 Parts are what we all have lived with until now. We are in the process of bringing the 8th and 9th Parts into physical reality as mentioned previously. They are being brought in between the 4th & 5th Parts of the Vertical Energy Field. As part of your life's journey, these two Parts will bring you on the journey to a higher level of consciousness as well as start the process of bringing Soul, Spirit, and Body into alignment through the energy of Unconditional Love. This process gives one the experience of a cup that overflows with love, which is also called "the Holy Grail" that people are looking for.

THE 9 PARTS of the Vertical Field

The 1st Part consists of the main colour RED. This Part connects directly to the physical body. It carries the information of what actions the Soul took in this and other lifetimes. This is called the PHYSICAL PART.

The 2nd Part consists of the main colour ORANGE. Through this Part, the Soul learns to experience all the emotions through different feelings. Physical reality is based on feelings and it is very important to address all of them. Otherwise, left unaddressed, these emotions will be stored in the energy system and will create energy blocks that can manifest into disharmonies and then have a manifestation as dis-ease in the physical body. This is called the EMOTIONAL PART.

The 3rd Part consists of the main colour YELLOW. This Part carries all the information about how logic, intellect and analytical abilities are being used. It stores all the different life experiences based on logic, etc. It programs how the will power was used in the past. When you have authentic will power, there is no need for control, manipulation, or for being passive. Passiveness is also considered as a form of control. This is called the MENTAL PART.

The 4th Part consists of the main colour GREEN. All the information of this or other lifetimes and disharmonies (diseases) that need to be healed are programmed into this Part. If these disharmonies from this or any other lifetime are not healed and cleared they will manifest into the physical body in one form or another, may it be through a disease or an accident. This Part also carries the information about the damage that was done to the energy body through different lifetimes. This is called the SPIRITUAL TEMPLATE PART.

The 8th Part consists of the main colour PINK. This Part will help with the transformation into a higher level of consciousness by teaching the physical body UNCONDITIONAL LOVE. In this Part of the Energy Field, the present, past and future come together so one can see instantly what was not learned in the past, how it is affecting the present, and how it can be changed so the future will be different.

When the lessons are learned that need to be mastered, the transformation takes place, and a person's life starts to turn around. When the lessons are not learned, the lessons become harder and harder and sometimes a 2 by 4 (figuratively speaking) is used to get one's attention. We all have free will to grow, or stand still and not evolve, or repeat a negative pattern over and over or to go backwards and have to start all over again. There are no victims of life. We all create our own reality by the choices we make and to every action we take or do not take, there is a reaction that has its own consequence for us.

Universal Law says: whatever you create, you will be put into for the experience. You might ask what about rape, murder and so on. There are different possibilities. Either the Soul can choose to go through this experience to learn from, or choose to give the perpetrator another chance to create a different outcome. The possibilities may be that the perpetrator did the same thing in another lifetime where both were together before, or the person that was raped carries energies that did the same action to someone else in another lifetime. The experience has nothing to do with punishment; only with consequences of actions that are being governed by Universal Laws. However, knowing all of this doesn't mean a person should not be held accountable for their actions.

Since we are all multi-dimensional and not just one energy, we all carry many energies that have not learned their lesson from the past because all energies are part of history. It is very interesting to find out who you were part of or what part of history you changed. If everybody clears their part of history, we can have peace on this planet. This is called the TRANSFORMATIONAL PART.

The 9th Part consists of the main colour TURQUOISE. This Part carries all the information about a person's environment. This includes the environment a person lives in or the environment within a person, like viruses, bacteria, parasites, molds, fungi, etc. Example: if you walk into a room that carries a lot of negativity and you feel this, you might remove yourself unless you are strong enough to withstand an attack by these negative energies.

This Part can also bring up all the beliefs that are not beneficial for you to live by, because they are played out on the outside. Belief systems can be brought in from many lifetimes. They can be picked up from parents, grandparents, or society. Life constantly changes; life does not stand still. Therefore, it is important to examine the beliefs and change them if they are not in your best interest and not based on love. Everything that is not based on love cannot exist in the long run. We just have to look into history to see that life that is based on fear, greed, sex and power does not survive. Eventually everything is being brought into the *light* to be examined for its truth and validity. This is called the ENVIRONMENTAL PART.

The 5th Part consists of the main colour BLUE. This is the Part that is used when we go into the future or past to get information. It can also be used for traveling into different dimensions of reality in the Universe. Some people call this Part the Astral Body. For the purpose of this book, this is called the TRAVELING PART.

The 6th Part consists of the main colour INDIGO. Through this Part of the field, one is being taught through their dreams. Dreams can reflect situations that are affecting one in the present and need to be looked at. Dreams can also be messages of what has not been healed. They can also be related to past lifetimes that are still affecting one in this lifetime and need to be healed. Future probabilities that might apply to this lifetime as well as future lifetimes can be presented to one as a warning through dreams.

These warnings or messages give one the opportunity to correct them before something happens physically. Dreams are opportunities given to correct the past, present, and future. This is called the DREAM PART.

The 7th Part consists of the main colour PURPLE. The Soul programs into this Part what it wants to learn and to correct from the past as well as what it wants to master and teach in this lifetime. All abilities that the Soul has mastered and wants to bring forward in this lifetime have a manifestation in this Part. We are all students and teachers to ourselves and to each other. This is called the TEMPLATE PART OF THE SOUL ESSENCE.

PROTECTION of the Energy Field

Because all our energy fields quite often are broken down, it is important to protect the field until it can be corrected. Negative energies are very persistent and affect a person's life very badly. You may ask the Creative Force (or whatever you believe in) to put a shield around your field out of white light, opal (which reflects negativity) and rainbow light (which absorbs negativity and does not allow the energy to reach the physical). Everybody opens their energy field by negative thoughts, feelings, words and actions. Therefore a temporary shield is very helpful.

People often put only white light around them. White attracts dark and if somebody is not very strong, they will still be affected by negativity.

Refer to Illustration: page 69

SYSTEM OF THE HORIZONTAL ENERGY FIELD

STRUCTURE of the Horizontal Energy Field

The structure of the Horizontal Field is the same as the Vertical, namely that it also consists of parts, sections, (depending on the evolution of a person), dimensions, layers, and sub-layers.

This field also consists of a feminine and masculine field.

This field is also oval and intermingles with the Vertical Field horizontally and creates a grid. This grid is like a screen that holds out all the undesirable energies that could affect the energy system. It always has the same amount of Parts as the Vertical Field which would be 7 Parts for most people at this time. It interfaces with the Vertical Field at the height of the hip and keeps the Vertical Field grounded in physicality.

If this grid is damaged negative energies can enter very easily and affect the whole energetic and physical system. Having this grid in full force will reflect any negative energy. A person with this grid in place can keep a clear mind and make decisions that are in her/his highest interest and she/he is not influenced by negative thoughts.

PURPOSE of the Horizontal Energy Field

This field carries all the information for the physical consciousness (EGO), which is the conscious mind.

EVOLUTION of the Horizontal Energy Field

The horizontal field is continually being programmed according to what the physical consciousness needs to learn, correct, and attain. The evolution of this field depends on what has been mastered by the physical consciousness, and what still needs to be learned and corrected. The 8^{th} and 9^{th} Parts are also being added between the 4^{th} and 5^{th} Parts of the Horizontal Field just as in the Vertical Field.

COLOURS of the Horizontal Energy Field

The colours for the Horizontal Energy Field are the same as in the Vertical Field, however, they relate differently in the Horizontal Field than the Vertical Field. Everything is programmed into this field with what the physical consciousness has not learned but wants to master. Whereas the Vertical Field reflects what has not been mastered by the Soul.

The 1st Part consists of the main colour RED and is called the Action Part. Whatever one's physical consciousness (EGO) has not learned is programmed into this 1st Part. All actions that were harmful to oneself and others that were taken in this lifetime or other lifetimes will be stored here. As an example, if one has not learned to stand up for oneself, all the situations that would help in bringing this about are manifested into this Part and eventually experienced in reality. Another example would be if someone feels they are the victim of life or fears life they would experience situations that provide opportunities to heal this.

The 2nd Part consists of the main colour ORANGE and is called the Emotional Part. All emotions that have not been mastered by the Physical Consciousness (EGO) are manifested into this Part. As long as emotions such as anger, frustration, hate, or fear are running one's choices, one is not the leader of one's own life. These emotions would be brought forward for mastery. The real issue here is acting not reacting to any given situation. When one has learned to act instead of react to life, these emotions would be cleared of negativity and the negativity removed out of the corresponding Part of the Horizontal Energy Field. The Emotional Part programs all disharmonies into the muscles, which then are being brought up to heal through disharmonies and eventually different dis-eases in the body.

The 3rd Part consists of the main colour YELLOW and is called the Mental Part. This Part is based on one's analytical capacities, intellect, and logic. Having unhealthy fear that is out of control manifested in the Mental Part of the field stops one from moving forward. Therefore, one can only experience life to a degree. The opposite of this would be somebody who has no fear, which is also an unrealistic experience of life. We all need to have a healthy fear so that we do not draw ourselves into situations that are

detrimental to ourselves and to others. All the disharmonies that are created through the different feelings that are based on ones mental capacities are being programmed into this Part which then can be brought up as diseases into the physical body. This Part programs all disharmonies into the bones.

The 4th Part consists of the main colour GREEN and is called the Physical Blueprint Part. The attributes of the physical form such as eye and hair colour, height, weight, etc. are programmed into this Part. All past lifetimes and all diseases that have not been healed are also manifested here. The Soul will activate a disease from other lifetimes at any time if it sees it is necessary for that person's learning. If the EGO of the physical consciousness has not learned to listen to the Soul (inner guidance), the past lifetimes, diseases, and accidents that are connected to these lifetimes will be brought forward and transferred to the physical body. If one does not want the experience of going through diseases, accidents, etc., one is wise to look into this Part of their Horizontal Energy Field so that they can make corrections before they have to experience it physically.

The 8th Part consists of the main colour PINK and is called the Transformational Part of the Physical Consciousness. This Part is about learning to love oneself. The EGO has not learned what love truly is because of all the dependencies that it has on so many people and things. Therefore, the EGO needs to be willing to listen to the Soul in order to find its true identity. Having self-love is the first step in that direction. If we cannot love ourselves how can we love others? This is where co-dependency comes in. "If you behave in this and that fashion, then I will love you". Unconditional love means: I love you no matter what and ask for nothing in return. Loving and respecting oneself is not selfish.

The 9th Part consists of the main colour TURQUOISE and is called the Environmental Part of the Physical Consciousness. The physical consciousness (EGO) needs to learn to feel the surroundings and the energies that are beneficial or not beneficial for itself. It also needs to learn to remove itself out of negative situations. It is important to learn to put boundaries down so one does not take on other people's problems or become a dumping ground for other people's emotions. This also applies to the environment of the inside of one's physical body where parasites,

fungi, worms, etc. can have manifestations. These manifestations can be attracted through negative thinking. Everything is first manifested or attracted on an energetic level before it becomes physical. So it is important to become aware of one's thoughts and emotions since they can attract these manifestations. This Part also brings up the beliefs that a person needs to re-examine to see if they are still valid for herself/himself.

The 5th Part consists of the main colour BLUE and is called the Communication Part of the Physical Consciousness. This Part is about communication and depends on how one communicates. If one has used her/his voice and the spoken word negatively in the past, she/he will be presented with situations in order to speak loving words. There is a difference vibrationally between speaking loving words or speaking hurtful words due to anger and frustration. Learning to discern when to speak and when not to speak is also very important. It is like an echo, as the saying goes, "as you shout into the woods; it comes back to you". This is cause and effect. This Part is about one's communication from the heart and mind instead of only from the mind. The heart mind, Seat of the Soul, communicates differently than the brain mind, Seat of the Physical Ego and Ego of Spirit.

The 6th Part consists of the main colour INDIGO and is called the Dream Part of the Physical Consciousness. This Part is about the physical goals and desires that one has and wants to fulfill. If one's physical goals and dreams are not in alignment with the Soul's dream there will always be conflict within a person and quite often unhappiness manifests. For example, when one works in a job that one does not love, it can put stress on the physical and the Spirit. However, if the dream of the Physical Consciousness (EGO) and one's Soul dream match, ones accomplishments can be very satisfying and life flows better and is not stressful. If one follows one's passion, work will be play.

The 7th Part consists of the main colour PURPLE and is called the Template Part of the Physical Consciousness. The physical EGO can sometimes be quite powerful and doesn't want to give up the hold that it thinks it has on this world. Obstacles will be put into place by the Soul into this Part of the field until the EGO learns to acknowledge that it does not know everything and it is willing to listen to the Soul that it is really a part of. The EGO needs to

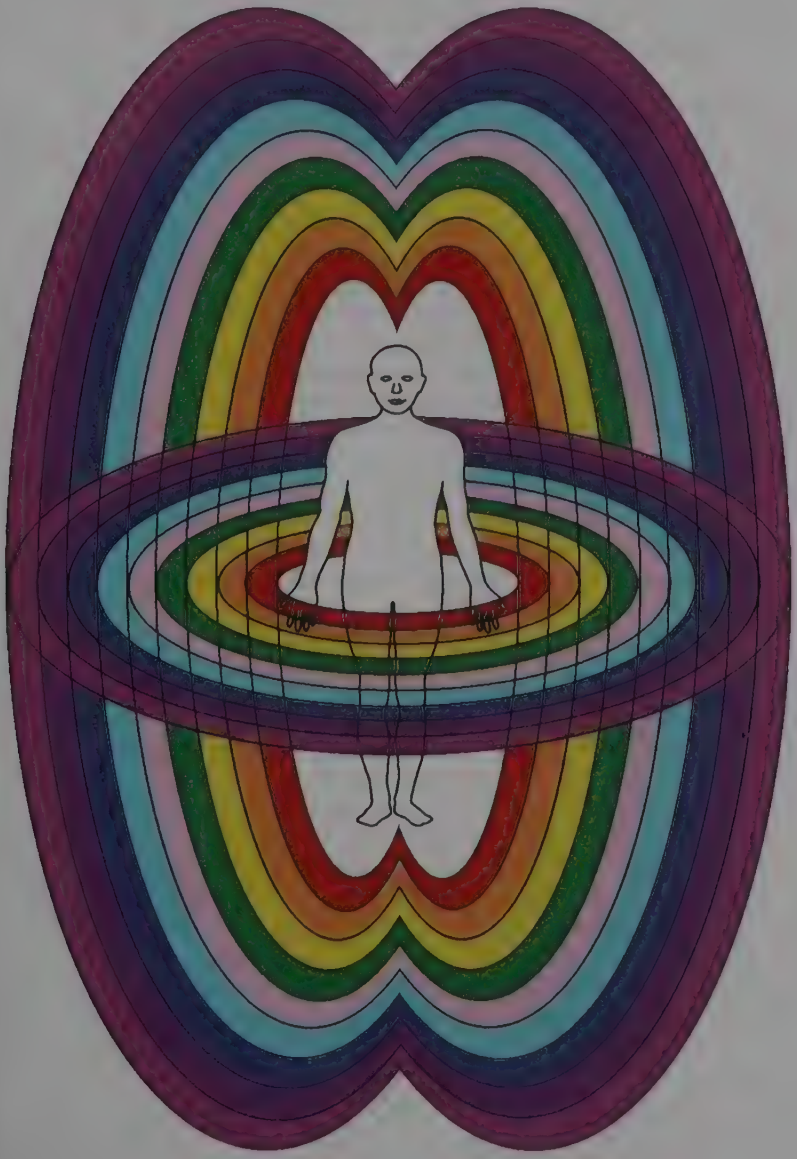
separate from the Soul and Spirit and by listening to both of them it slowly starts to align with them into a higher consciousness. Often the physical body will be sacrificed due to an over extended EGO. The EGO needs to understand that it really is part of the Soul. It needs to learn to surrender to the higher consciousness. That does not mean Ego loses its own identity. But by accessing or integrating the higher consciousness, the EGO can dimensionalize and acquire a higher knowledge on how to live life on a different level.

PROTECTION of the Horizontal Energy Field

This field is protected by the shield that is put around the Vertical Field.

Refer to Illustration: page 69

VERTICAL & HORIZONTAL ENERGY FIELD
Based on 9 Parts (also called Aura or Electromagnetic Field)



SYSTEM OF THE ENERGY BODY

CREATION of the Energy Body

When the Soul decides to come into physicality it needs to tone down vibrationally in order to form a physical body.

As mentioned before, the Energy Field is created first and then it creates the Energy Body. The Energy Body already partly exists before the physical body is formed.

The Energy Body is made up of beams of light. This Energy Body consists of four bodies with four layers each that carry the physical, emotional, mental, and spiritual aspects. Many energies make up this Energy Body and it is between the Physical Body and the Energy Field. The outer most portion is on top of the physical body and the other bodies are inside the physical body. The Energy Body connects to every part of the physical form. The Spirit functions through this body and it is also called the Spiritual Body.

The Energy Body is the subconscious mind. It is created out of a sphere of light that separates itself vertically into feminine and masculine energy. (This is similar to a physical form being created when an egg and sperm come together and then separate.)

The sphere of light then separates itself horizontally in the same way a fertilized egg separates, which again creates feminine and masculine energies.

When the Energy Body is fully formed, it is the Soul that will activate this Energy Body and make the connections to the physical form.

The Energy Body functions with feminine and masculine energy. The masculine energy forms the structure and the feminine energy provides the movement.

Refer to Illustrations: pages 75, 76, 77, 78

STRUCTURE of the Energy Body

The way this Energy Body is created is with the left front running feminine energy and the right front running masculine energy. In back it is the opposite. The left back runs masculine energy and the right back runs feminine energy.

The front of this body connects to the physical aspect of our lives and the present and the back is the spiritual aspect and connects to past events.

As a spiritual being that lives in a physical form, one is a feminine and masculine being (which is also called Anima and Animus).

This Energy Body carries all the Main Energy Centers that govern the different organs, glands, muscles, and bones, the Centers of the Senses that govern the eyes, ear, nose, mouth, breasts, hands and feet, the Secondary Centers that govern the joints, the Energy Eye (also called Spiritual Eye, Sixth Sense, Third Eye, or All Seeing Eye), the Energy Release Channels (also called Meridians), and the Zone Channels.

FUNCTION of the Energy Body

Spirit uses the Energy Body in order to connect the Physical Form with the Soul. All information from the Soul gets transferred through the Energy Body (Spirit) to the Physical Body. Therefore it is wise to listen to your intuition or gut feeling as this is being directed by Soul.

The beams of light that make up the Energy Body are based on triangles that carry belief systems. The Energy Body is affected by these belief systems.

Belief Systems can be on a conscious or subconscious level and can hold this Energy Body up or break it down. The belief systems that are based on unconditional love will hold this body up while those that are based on fear, control, manipulation, etc. can break this body down.

Since the Energy Body connects and moves the Physical Body, it is affected by thought, feelings, words, and actions. If these thoughts, feelings, words and actions are positive, this Energy Body will hold the physical body up. Negative thoughts which affect this Body will break it down. A lot of stress can also bring the Energy Body down.

The more this Energy Body breaks down, the more the Physical Body breaks down. This becomes evident as people get older, and the Physical Body seems to shrink. It is this Energy Body that is broken down and cannot hold up the physical any longer. (Remember, there is continual communication between the Energy Body and the Physical Body).

It is important to heal the Energy Body in order to heal the physical. I see so many people where this Energy Body is twisted or they are pulling it behind them and other people are stepping on it. This Energy Body can also have layers shifted out as a result of an accident, dis-ease, or trauma which then manifests in a lot of discomforts. For example: a person who fell on their head when they were young and can't remember the accident can still be affected by it because the Energy Body is out of place.

Because of many lifetime experiences the Energy Body can carry a lot of information that affect this Body. For example: A person can still be affected by a stab wound, being shot, electric shocks, or having a limb amputated from previous lifetimes. She/he can quite often feel the pain in this same area because she/he carries memories from past lifetimes that are programmed into the Energy Body. It is important to find and remove all of these incidents so the physical body doesn't need to experience pain. The Physical Body also experiences more flexibility once these memories are removed.

Taking care of the Energy body is done through meditation, grounding, feeling energy moving through the Energy Body, and through repairing and rebuilding the system. By repairing and rebuilding the system one will feel alive and more secure. The most important actions upon waking in the morning is to ask your Spirit to come into your Energy Body and to stay in the body and look through both your physical eyes at the same time. Along with these actions ask for the whole system to come into present time.

When a person is not grounded, the Spirit stays in the mind and as a result is not in the body. When Spirit only stays in the mind, this is referred to as mind over matter. When you experience mind over matter the Physical Body becomes a puppet, where the Spirit never asks or acknowledges if the Physical Body is tired. Not listening to the Physical Body allows the Spirit to override the needs of the body; however, without the Physical Body one cannot function or exist in the physical reality. This is the learning of the Spirit, to not override the Physical Body. The Spirit is also governed by the Law of Cause and Effect. What you have not learned will be presented to Spirit either in this lifetime or future lifetimes. A person's Spirit will be put into the same situations over and over again until Spirit has learned the lesson presented by the experience.

The more the Physical and Energy Body listen to each other, the more they will function in unison and the more alive one will feel.

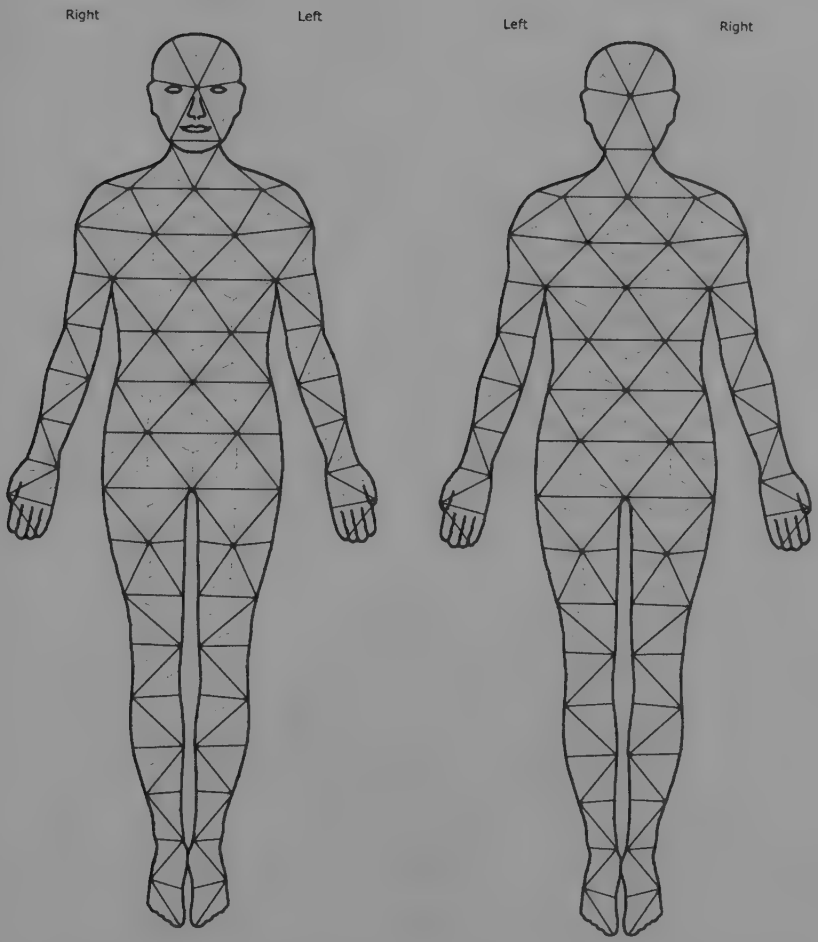
HOW SOME COLOURS may impact the ENERGY BODY

Black:	-may indicate a breakdown due to negativity -may indicate a medical condition -may suggest looking at an issue or a situation that is presented over and over again -may represent negative past lifetimes
Brown:	-indicates old belief systems that need to be changed
Grey:	-suggests that either you are highly protected from a past lifetime or you are not aware of your own actions
Deep/Dark Purple:	-indicates sacrificing the self somewhere
Muddy Colours:	-suggests that a lot of negative energy could be stored there

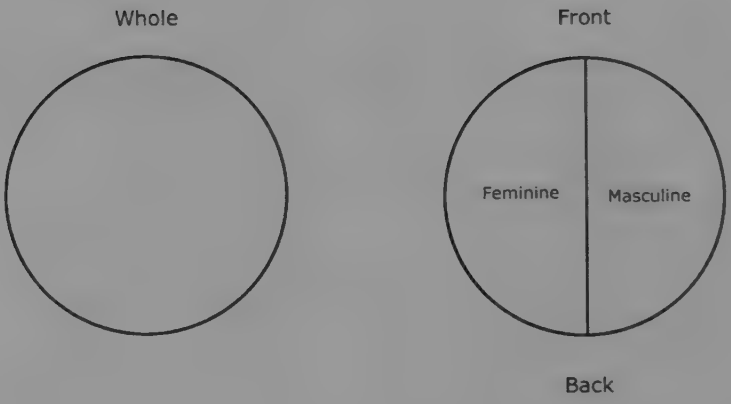
White	-indicates that your physical consciousness cannot live a divine consciousness at this time; however it is important to check and see if you need to ask the energy to tone down into a colour that your Physical Body can live by

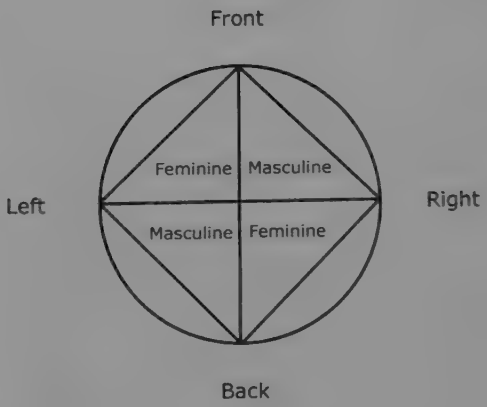
Therefore, it is important to identify and recognize what the colours represent and what needs to be corrected or released.

3rd DIMENSIONAL ENERGY BODY

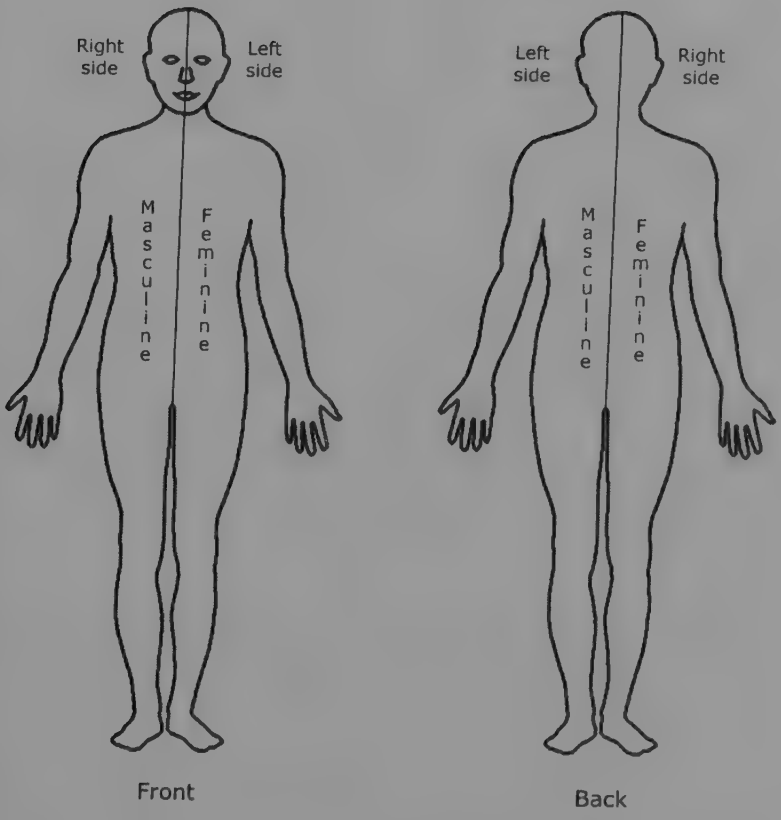


CREATION OF ENERGY BODY

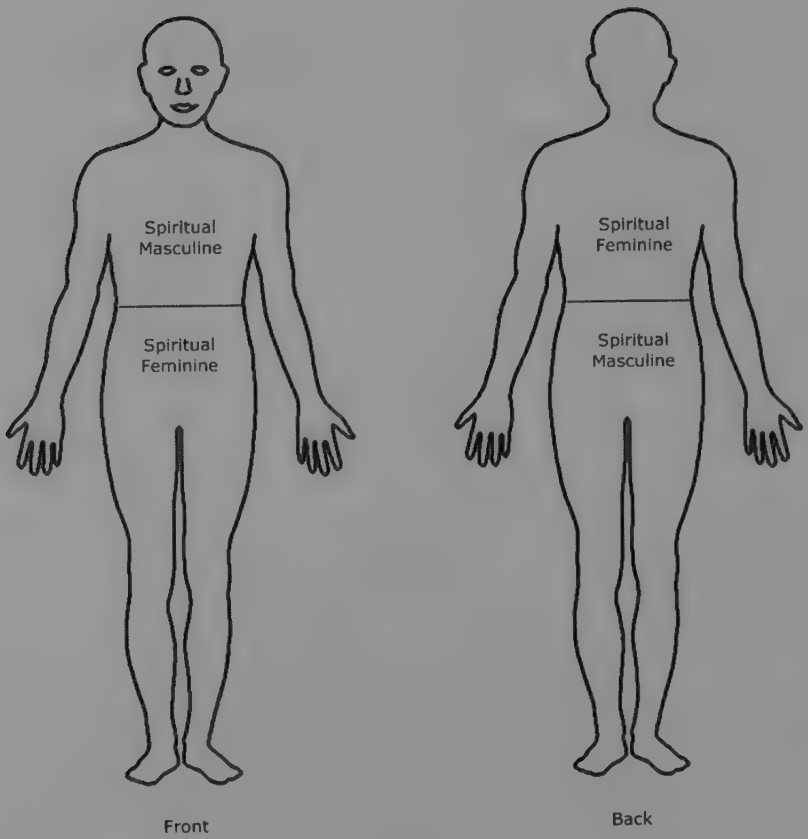




DIVISION OF ENERGY BODY VERTICALLY



DIVISION OF ENERGY BODY HORIZONTALLY



CENTER, MAIN, AND CORE CHANNELS OF THE ENERGY BODY

You have in your Energy Body:
1 Center Channel
4 Main Channels, 2 in the front and 2 in the back
4 Core Channels, 2 in the front and 2 in the back

Refer to Illustrations: pages 83 & 84

These channels are inside the Energy Body and are holding up this body, like beams holding up a house.

They are not to be confused with the Energy Release Channels (meridians).

These Channels consist of an outer casing with beams of light inside the casing. Until now the Main and Core Channels have carried beams of light for the physical, emotional, and mental aspects of experiences. By bringing everything into a higher consciousness, the spiritual aspect is now being added. Since the Energy Body consists of four bodies with four layers each, there are also four sets of beams for each of the physical, emotional, and mental as well as the spiritual aspects. By bringing everything to a higher consciousness, an inside casing for each of the four sets of beams is being added so that all these beams do not get entangled with the beams of the other bodies.

The Channels move energy in and out and connect to the energy field of the hypothalamus in the brain because it is the energetic command center in the brain. The energetic command center is responsible for getting the information to the rest of the body.

Center Channel – one Channel

The Center Channel is one channel and has 2 rings, one inside ring and one outside ring. The Creative Force flows through the inside ring of the Center Channel for everybody and through this we are all connected on a Soul level. The Soul Essence or Lifestream that has its own identity flows through the outside ring of this channel.

The Creative Force is pure white light which carries all the colours within it. This Force is neutral by being both feminine and masculine energy at the same time. The Creative Force moves from the top of the head through the 7th Energy Center and connects to the energy field of the hypothalamus and then right through the Energy Body into the earth.

The Soul Essence has its own identity created through colour, sound, a combination of numbers, a symbol, and vibration. This Soul Essence also moves through the 7th Energy Center on top of the head, connects to the field of the hypothalamus, and ends up at the 1st Energy Center in the front of the body and at the 10th Energy Center in the back. This Essence does not move or continue into the earth. The Soul Essence also carries feminine and masculine energy and has its own specific colour that it uses in this lifetime. In another lifetime it might choose to use a different colour. The Soul cannot bring the whole colour range into any one physical lifetime; therefore it chooses a colour that it would like to experience in this particular lifetime. You may experience many lifetimes but never as the same person twice because all energies and colours that make up who you are will never be the same again.

Main Channels – two in the front of the body and two in the back of the body on each side of the Center Channel

The Soul Parts that work in conjunction with the Soul Essence in creating the Physical Body move and work through these Main Channels.

All the Soul Parts from previous lifetimes flow through these channels on each side, in the front and the back of the body. The Soul Parts manifest through the 7th Energy Center connecting to the field of the hypothalamus, moving down and connecting to all the Energy Centers in the front of the body and ending up at the 1st Energy Center and the Main Energy Centers in the back ending up at the 10th Energy center in the back.

These Channels also carry feminine and masculine energy. The front Channel on the left side of the Energy Body carries feminine energy and the right side carries masculine energy. The back is

opposite; the back left side Channel carries masculine energy and the right side Channel carries feminine energy. The Channels with feminine and masculine energy are coordinated in this way so that the front Channels can work with each other as well as with the left and right side channels of the back and also with each side Channel.

Core Channels – two in the front and two in the back running through the legs, arms and body

The Soul Aspects that were not instrumental in creating the Physical Body move through these Core Channels.

Soul Aspects are only energies that need to clear past lifetimes by learning what they did not learn in the past. The Soul Essence and Soul Parts are the teachers to these energies, but at the same time the Soul Essence and Soul Parts can learn from the experiences of the Soul Aspects without having to go through these lessons themselves.

These Channels manifest starting at the feet. They go up through the legs and body and connect to the energy field of the hypothalamus and then connect to the 7th Energy Center. These Channels also start at the palms of the hands, go through the arms and connect around the mid-shoulder to the Core Channels that come up from the feet. The Channels start at the feet because the energies of the Soul Aspects are stored in energy centers underneath the feet. Centers that are underneath the feet carry stored information from past lifetimes. The Soul Aspects bring this information up through the Core Channels in the feet in order to be cleared. The Core Channels that start in the palms of the hands bring information from the present lifetime to the energy field of the hypothalamus in order to be addressed and cleared.

These four beams (core channels) are like cornerstones for the energetic structure and also carry the four aspects, the physical, emotional, mental, and spiritual.

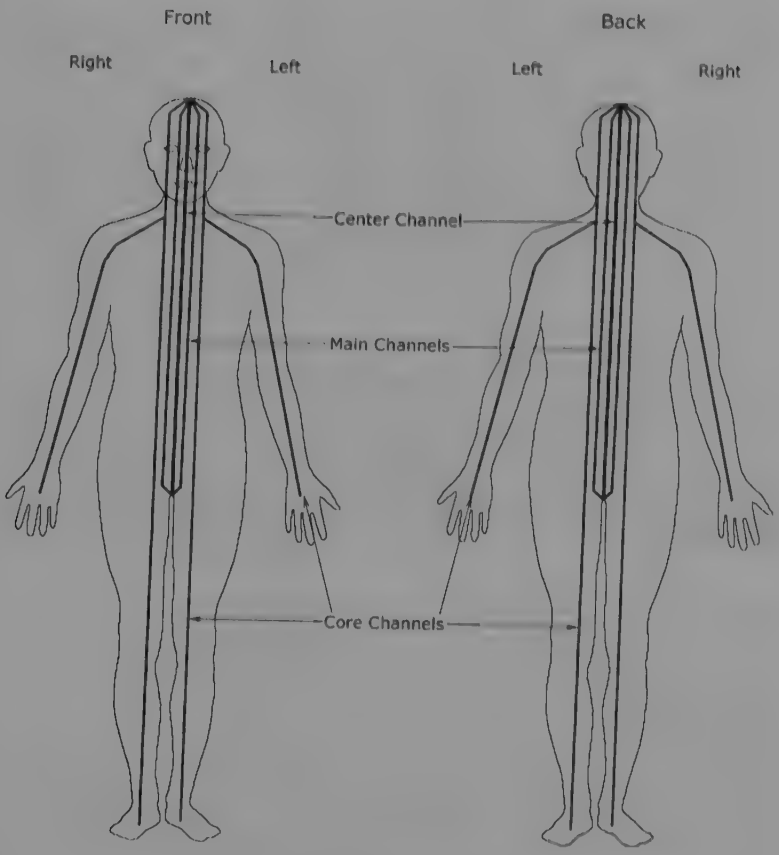
Only if the Soul Aspects have learned their lessons can they go back to the Universe where they came from in the beginning. If they have not learned their lessons then they will go back to the

centers underneath the feet and into the earth for future lifetimes. This happens during the present life and/or when the physical body is being given up.
If the channels, as well as the Main Channels, are broken, cut up through past lifetimes, twisted, shifted out or not present at all, they need to be corrected so the Soul Aspects and Parts can move out or come in. Otherwise the Soul Aspects and Soul Parts can get stuck in the system and then create disharmonies.

Once all lessons are learned, there is no need to repeat them.

The four beams of light in all these channels store what the Soul Aspects and Parts have learned, or not learned physically, emotionally, mentally, and spiritually. This new learned information then gets programmed into the Soul Aspects and Parts before they leave.

CENTER, MAIN & CORE CHANNELS

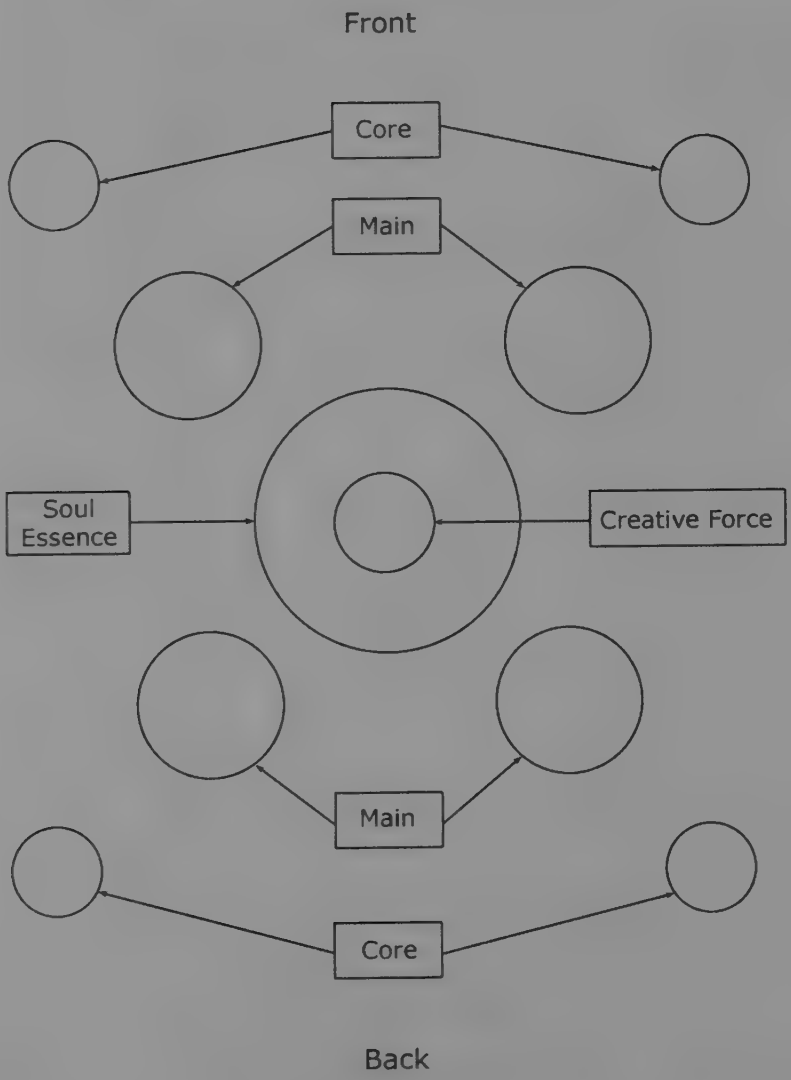


1) Center Channel - Creative Force & Soul Essence

2) 4 Main channels - Soul Parts
- 2 front; feminine & masculine
- 2 back; masculine & feminine

3) 4 Core Channels - Soul Aspects
- 2 front; feminine & masculine
- 2 back; masculine & feminine

CHANNELS TOP VIEW



MAIN ENERGY CENTERS

STRUCTURE of the Main Energy Center

An Energy Center functions like a vortex that has energy spinning in different directions. The Energy Centers carry feminine and masculine energy and consist of dimensions, layers, and sub-layers. The energy flow is clockwise for the feminine energy and counter clockwise for the masculine energy. In the ***past***, the feminine energy moved counter clockwise and the masculine energy clockwise. The reversal of the feminine and masculine energy is being brought about by a new creation, as everything is being brought into a higher level of consciousness for the evolvement of mankind, and the planet.

Energy Centers consist of cones that are represented through dimensions. A dimension carries all the information needed for the learning experiences of a specific center. This information is separated into different aspects through layers and sub-layers. A sub-layer is always the turning point of an experience learned. A turning point reverses the smallest aspect of an issue once it has been learned. In most cases this smallest aspect is the original cause for the issue at hand.

The number of dimensions in a center depends on how many Parts a person carries in the Field. Let's say a person has a Field of 8 Parts, then all the centers will have 8 dimensions and each dimension has 8 layers and each layer has 8 sub-layers which makes it all very complex. When people tell me that they have worked on a specific issue, that does not mean everything is resolved. It may be that only a certain aspect pertaining to the original issue has been resolved. It depends how deep something is programmed into the center and whether or not the core issue has been identified and cleared.

All the Main Energy Centers need to be connected to the Center Channel and Main Channels in order to receive the information from the Creative Force and Soul of the person.

FUNCTION of the Main Energy Center

Most people function on 7 Energy Centers and these Centers are in front of the Energy Body. As a person brings in higher consciousness, the 8th and 9th Energy Centers will manifest. The more a person evolves, the more centers will be utilized. All together, 18 Main Energy Centers can be accessed. The Centers in the back carry a very high consciousness that can be activated and the consciousness can be brought forward when the person is ready.

All Centers govern different organs, glands, muscles, and bones. Each center carries a specific colour itself and all the dimensions, layers and sub-layers within each center carry the whole spectrum of colours within themselves. This is necessary for the balance of the center because each colour serves its own purpose.

HISTORY of the 8th and 9th Main Energy Centers

At one time in history the 8th and 9th Energy Centers were part of the head. The head at that time was more elongated. When these Centers were in the head the ego became very powerful and people would do things that were very detrimental to themselves, others and the planet. This was evidenced during the time of Atlantis. To prevent this destruction from happening again the 8th and 9th Main Energy Centers were taken out of the head and now they are slowly being brought back into the Energy Body as people evolve. The 8th Energy Center is being placed in alignment with the 4th Energy Center and the 9th Energy Center is placed between the 4th and 5th Energy Center.

COLOURS AND PURPOSE of the 9 Main Energy Centers

1st Energy Center – main colour is RED
This Center carries all the memories of actions that are being taken in the present and that remain from the past.

The 1st Energy Center governs the bladder, kidneys, adrenals, ileum, descending colon, sigmoid colon, rectum, anal canal, and anus. If a person evolves, the kidneys, sigmoid colon, rectum,

anal canal, and anus will be governed by different centers. This Center also governs specific muscles and bones.

2nd Energy Center – main colour is ORANGE
This is the emotional Center that carries all the painful memories of the emotions that have not been healed from this lifetime and the past.

The 2nd Energy Center governs the uterus, ovaries in women and testes in men, as well as the jejunum, the transverse colon, and specific muscles.

3rd Energy Center – main colour is YELLOW
This Center carries the information about how a person has used his or her willpower. A person having authentic power does not need to control, manipulate, or be passive when in a relationship with others. On the other hand, a person having artificial power needs to control, manipulate, and/or be passive with others. Passiveness is also a form of control.

The 3rd Main Center governs the stomach, liver, gallbladder, pancreas, spleen, duodenum, ascending colon, appendix, cecum, ileocecal valve, and specific muscles.

4th Energy Center – main colour is GREEN
This Center carries all the information of the different aspects of co-dependency and how to alleviate this dependency. Loving a person without being co-dependent is the teaching of this center.

The heart, lungs, bronchi, thymus, and certain muscles and bones are being governed by this center.

8th Energy Center – main colour is PINK
This Center brings in the energy of unconditional love. Unconditional love means accepting a person for how she/he is and giving freely without expecting anything in return. That does not mean one cannot have everything, but the key is, to not be dependent on material possessions or expect a particular outcome for a situation to gain personal happiness. To be happy within oneself, a person needs only to learn to love oneself. If you cannot love yourself, how can you love anybody else? Loving oneself means accepting oneself as you are and taking responsibility for all

your actions, positive or negative. It also means, wanting to heal the negative aspects of the personality and strengthening the weakness of your character.
When this 8th Center is manifested, it will govern the heart as well as certain muscles and bones.

9th Energy Center – main colour is TURQUOISE
This Center teaches about the environment; the environment around and within oneself. This Center will bring up all belief systems that need to be changed if they affect one's life negatively.

Bacteria, viruses, parasites etc. can be shown in the energy system before they are manifested into the physical.

Everything is first in the energy system before it goes into the physical and it is not the other way around. Whatever one chooses to remove from the energy system then alleviates the need for the issue to manifest in the physical. It is easier to prevent any manifestation from moving into the physical than healing the dis-ease or disharmony in the body. Once the disharmony manifests in the physical it can take quite some time to correct.

Once this 9th Center is in place, it will govern the lungs and thymus as well as certain muscles and bones. Then the 4th Energy Center will only govern the bronchi.

5th Energy Center – main colour is BLUE
This is the Center of communication. All information about how one has used her/his voice, either with anger or love is stored in this Center. If one has used the voice negatively, the thyroid, parathyroid, and vocal cords will be affected. All the letters of the alphabet that a person has used negatively will be programmed into this Center and will create blockages. To speak with a clear voice from one's Soul; all the negativity needs to first be removed out of this center.

The 5th Center governs the thyroid, parathyroid, vocal cords, esophagus, ears, lower teeth and gums, tongue, salivary glands, as well as certain muscles and bones.

6th Energy Center – main colour is INDIGO
This is the Center of vision. Vision here means seeing oneself, the world, and how one sees oneself in this world. If a person has the energies of all kinds of people in this center (family members or friends), they cannot see themselves and as a result are not able to live her/his own life. A person will try to fulfill everybody else's needs that are in her/his 6th Energy Center instead of her/his own. Therefore it is important to ask everybody to leave this center and go into their own center so that a person can see herself/himself again. In the colour indigo, one can find the Soul colour that the Soul works through in this lifetime.

The upper teeth and gums, nose, eyes, pituitary, and different parts of the brain, especially the frontal lobes, as well as certain muscles and bones are being governed by this Center.

7th Energy Center – main colour is PURPLE
This Center brings in the Life Force. The 7th Center connects a person to the Creative Force and the higher parts of one's Soul. Energy constantly moves through a person's system and moves out through the 7th Energy Center and then back into the field. If this center is closed, one can have a headache. Asking the Spirit to open the Center can release the block that created the headache. Simply asking Spirit to open the center will not work for migraines or other serious illnesses because there is much more involved than releasing energy from the energetic brain.

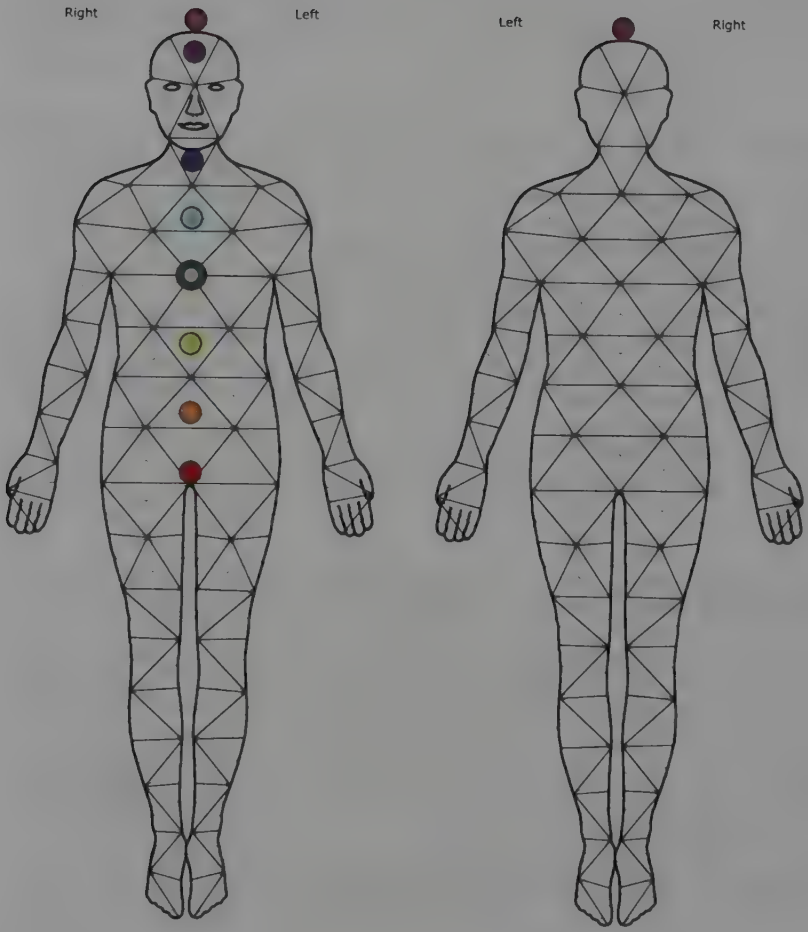
The 7th Center governs the hypothalamus, thalamus, pineal and other parts of the brain as well as certain muscles and bones.

Should one have problems in any areas of the physical body, it is wise to look into the corresponding Center and see what is going on in there to help heal the body.

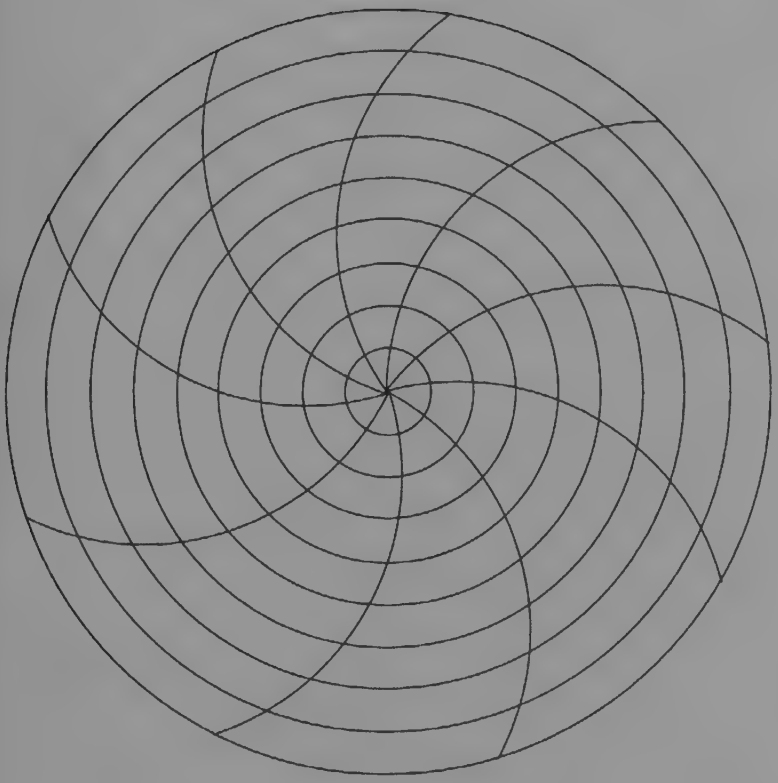
The next picture will show the movement of the feminine and masculine energy and how when they are placed over each other they become the flower of life.

Refer to Illustrations: pages 90, 91, 92 & 93

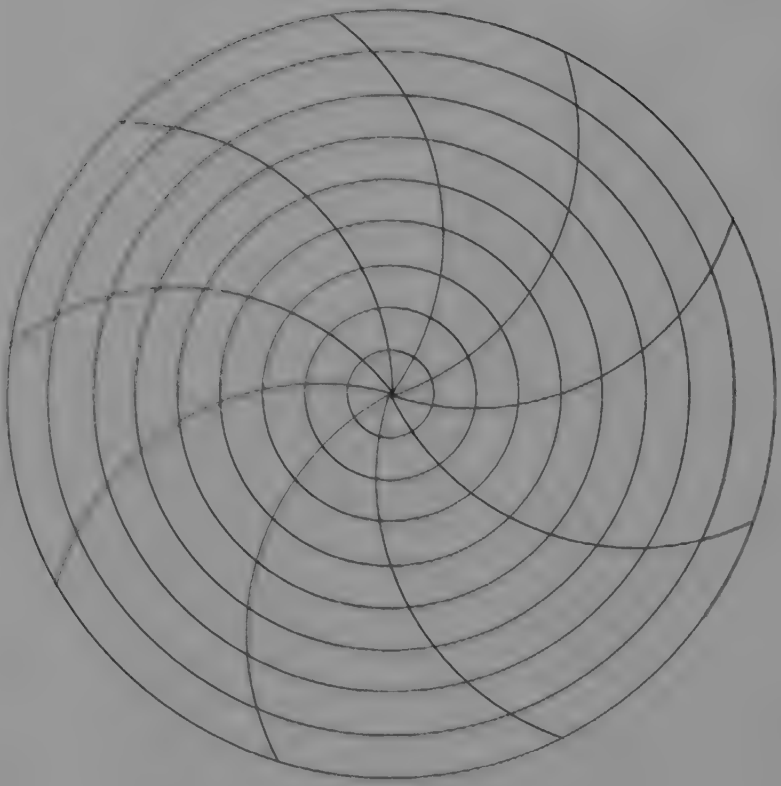
9 MAIN ENERGY CENTERS
of the 3rd Dimensional Energy Body
(or Spiritual Body)



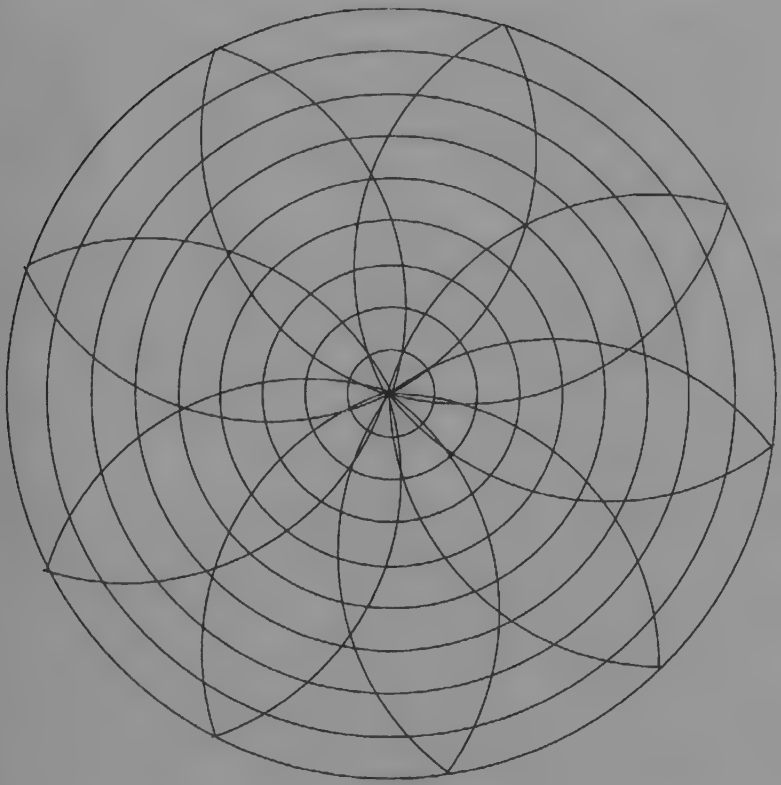
MOVEMENT OF FEMININE ENERGY
based on 9 Dimensions



MOVEMENT OF MASCULINE ENERGY
based on 9 Dimensions



MOVEMENT OF FEMININE & MASCULINE ENERGY
based on 9 Dimensions
(also known as Flower of Life)



ENERGY CORDS

STRUCTURE AND FUNCTION of Energy Cords

An energy cord is like a channel that can be connected to another person, where energy moves through from one person to another. These cords are connected into another's Energy Center through hooks and/or suction cups.

These energy cords can be used as a means of control over another. As an example; if I wanted to control a person's willpower, I would put a cord into his or her 3rd Energy Center. If the other person is not very strong, I would just have to pull on this cord to make this person give up their willpower. This does not usually happen consciously but is determined by our negative thoughts, words or actions.

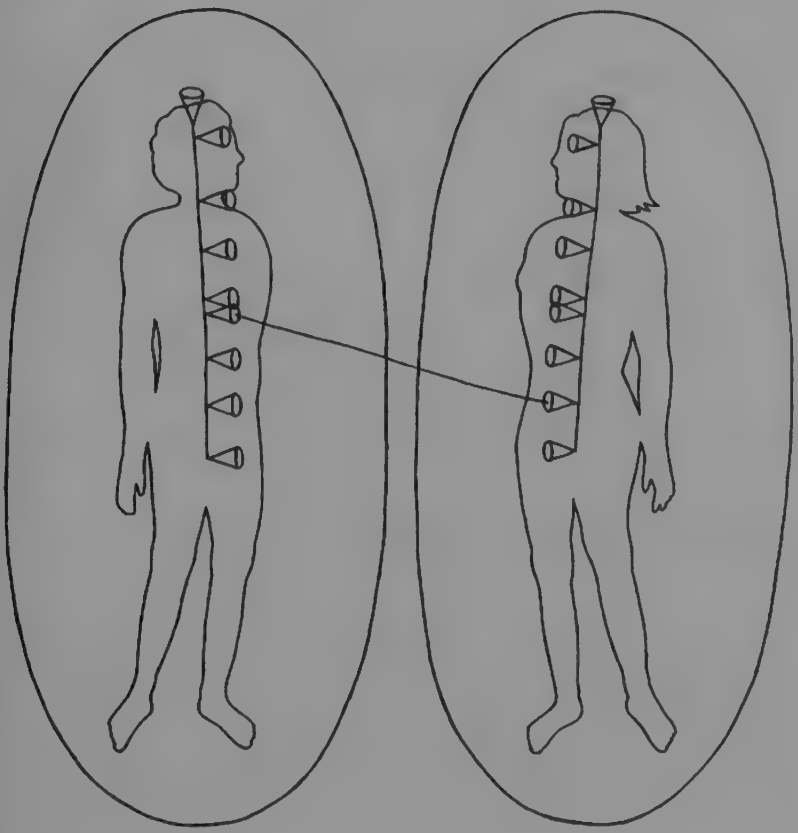
Cords can also be attached through agreements made prior to coming into this physical reality and/or present life. Through these cords people can be manipulated and controlled. In reality, it is wise not to have any cords attached to any Energy Center if one wants to be in control and responsible for one's own life.

Cords can also drain another person of energy. It is wise to cut the cords if one does not want to be depleted of energy.

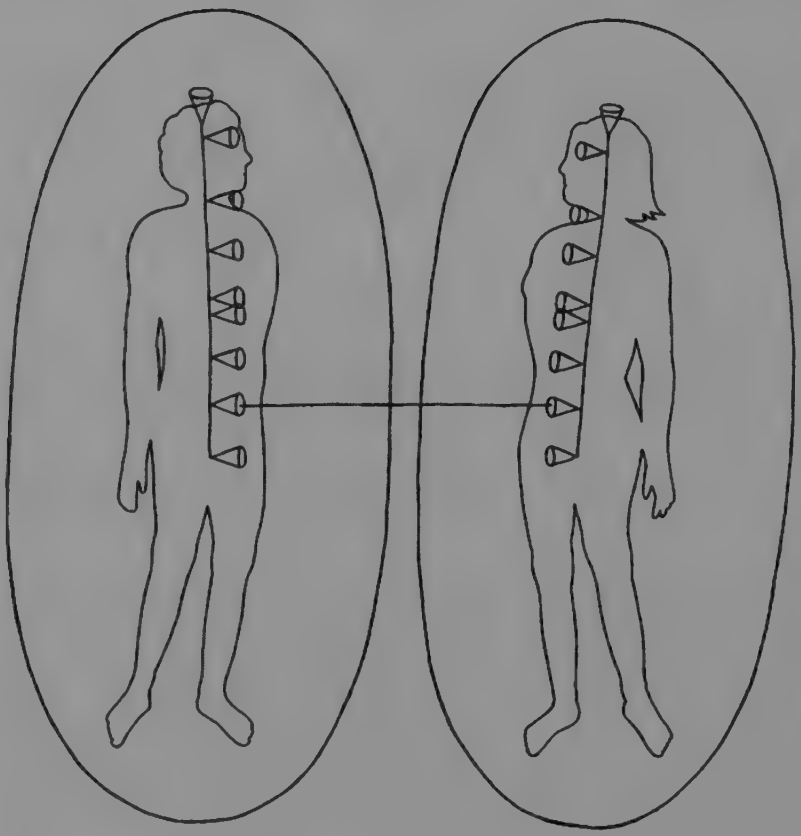
There is also the energetic umbilical cord from a child's 2nd Energy Center to the mother's 2nd Energy Center. This is the only energy cord one wants to keep until the child reaches the age of 14. This cord also needs to be disconnected, with love, because one has a different Soul than her/his parents and she/he might have different lessons and experiences to learn and go through than the parents after the age of 14. The parent can ask for the cord to be disconnected so the child can come onto her/his own feet. The cord can always be attached again, but it is wise to disconnect the cord at the age of 14 so the child gets a sense of who she/he is. If the child remains attached, she/he might feel controlled and manipulated and then her/his behaviors may start to become resistant to the parents' wishes because she/he wants to be her/his own person.

Refer to Illustrations: 95 & 96

CORD CONNECTION 4th – 2nd ENERGY CENTERS



CORD CONNECTION 2nd - 2nd ENERGY CENTERS



ENERGY CENTERS OF THE SENSES

STRUCTURE of the Energy Centers of the Senses

The Energy Centers of the Senses are the same as the Main Centers only smaller. They consist of dimensions, layers, and sub-layers. They are smaller vortexes that run feminine and masculine energy. The feminine energy moves clockwise and the masculine energy moves counter-clockwise.

The number of dimensions (cones) is the same as the Main Energy Centers which depends on the number of Parts that one has in her/his Energy Field.

FUNCTION of the Energy Centers of the Senses

The Sensory Centers govern the senses and are the connecting points for all the parts of the eyes, ears, nose, mouth, breasts, hands and feet. From there, all but the hand and feet centers connect to a Main Energy Center. The hands and feet centers only connect to the Core Channels.

If there is a breakdown in any of the Centers, the corresponding part of the eye, ear, nose, etc. will not function properly.

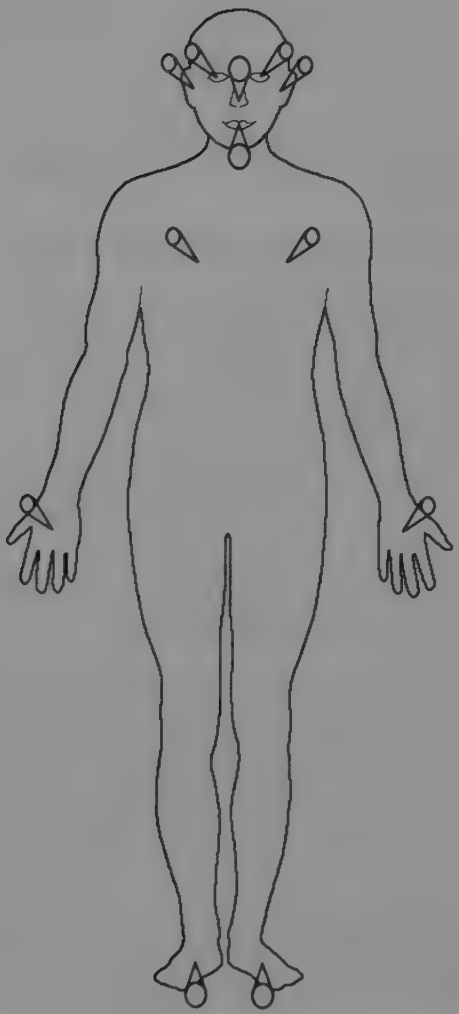
These Centers need to be very flexible. It is important that all Sensory Centers can move sideways, up and down, extend and retract (like a photographic lens) with ease.

Should the Centers for the eyes, ears, nose and mouth not move at the same time and speed, the message that goes to the brain will be delayed. As an example, if the centers for the eyes do not move at the same time and speed, a person will not get a balanced picture of life. The same goes for the ears, a person will not hear everything that has been said if the centers are not moving simultaneously.

A message to the brain that is slower on one side than the other causes a delayed reaction in the system or may be misinterpreted. Therefore it is very important to correct all imbalances in these Centers.

Refer to Illustration: page 98

ENERGY CENTERS OF THE SENSES
(part of the Energy Body)



SECONDARY ENERGY CENTERS

STRUCTURE AND FUNCTION of the Secondary Energy Centers

These Centers are also vortexes of moving energy just like the Main and Sensory Centers. The movement of the feminine energy is clockwise and the movement of the masculine energy is counter-clockwise.

The Secondary Energy Centers also consist of dimensions, layers, and sub-layers. Again, they have the same amount of dimensions as the Main Energy Centers depending on the number of Parts in the field.

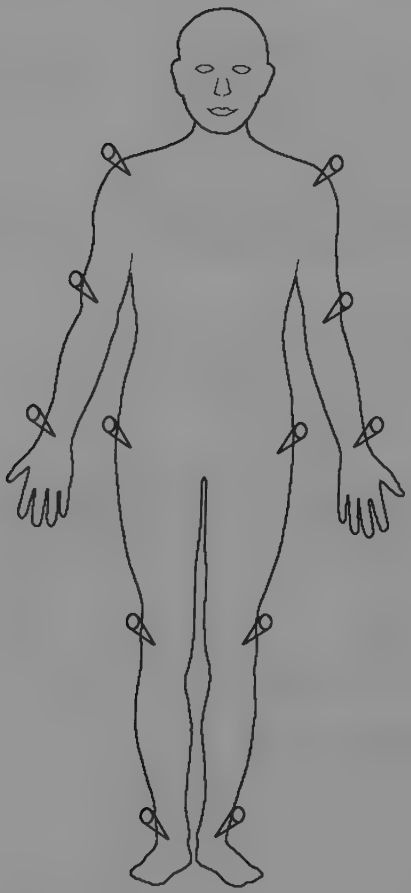
There are four Secondary Centers at each joint. These include the shoulders, hips, knees, ankles, elbows, and wrists. The four Centers represent the physical, emotional, mental, and spiritual aspects.

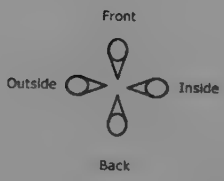
If these Centers do not function well due to breakdowns and energy blocks, a person will have problems in the corresponding joints. For example, if the knee centers are broken down or if one of the centers is being twisted, there will be discomfort in that joint.

All Secondary Centers connect to the Core Channels so energy can move out that is released from the Secondary Centers.

Refer to Illustration: page 100

SECONDARY ENERGY CENTERS
(part of the Energy Body)





ENERGY EYE (SPIRITUAL EYE)

STRUCTURE of the Energy Eye

The Energy Eye is also called the "third eye", "all seeing eye", or "spiritual eye". This eye is used by one's Spirit.

An Energy Eye has eight rings of light, four on the outside and four on the inside that are positioned around ones energy head. The Energy Eye is also represented through eyebrows, circles, and triangles that are connected to these rings of light. These eyes are situated in front of the head, in the back, and on each side of the head as well as one eye in the center of the head. All together the Energy Eye consists of four sets of two rings. One set each for the physical, emotional, mental, and spiritual aspects.

The center part of the Eye has an upper and lower part.

FUNCTION of the Energy Eye

The eyebrow represents the higher consciousness, the circle in the center the soul, and the two triangles on each side of the circle the emotional and mental consciousness of a person.

As mentioned before, this Eye is used by a person's Spirit. With the outside ring the Spirit perceives the physical reality and with the inside ring, the spiritual reality.

The upper part of the center part of the Energy Eye can see into the Universe and the lower part of this Eye sees into the Earth. The Energy Eye is also connected to the Creative Force.

The whole Energy Eye is connected to the physical brain and represents the 6^{th} Sense. Intuition is part of the 6^{th} sense and the more a person uses her/his intuition, the more the Energy Eye will open up. The 6^{th} sense also has the ability of clairvoyance, clairaudience, clairsentience, clairgustance, ESP, telepathy, and instant knowing.

If the Energy Eye is not only connected to the brain, but also to a person's physical eyes, it creates a totally different reality for a

person. Whatever abilities a person has developed in other lifetimes will come forward. Let's say a person had the ability of telepathy, this ability will slowly manifest in this reality. To develop this ability again the person needs to practice using it. It is like a muscle that has not been used for a long time and does not function very well. The more the ability gets used, the stronger it will become.

If a person opens the Energy Eye too fast and too wide, the physical consciousness cannot comprehend what it sees or hears. If this happens, the physical consciousness can become overwhelmed and confused and then will shut down. Therefore, it is wise to open up the Energy Eye in alignment with the evolvement of the physical consciousness.

This is the Eye that received the veil so that humanity could go through the learning required of the life's experiences that were chosen by the Soul. Opening the Energy Eye to its full capacity can only be accomplished if the Soul, Spirit, and Physical Consciousness (ego) have learned and mastered the physical reality and work in unison.

Refer to Illustration: page 104

HOOKS within the Energy Eye

We all can have hooks attached to the Energy Eye.

These hooks can attach when a person has no real picture of themselves or when other people want them to see the world as they do. Hooks are based on emotional feelings and mental thoughts. They can be attached to all the different parts of the Eye.

Through these hooks, a person can be controlled and manipulated and therefore it is wise to find the issues that are connected to these hooks and detach them.

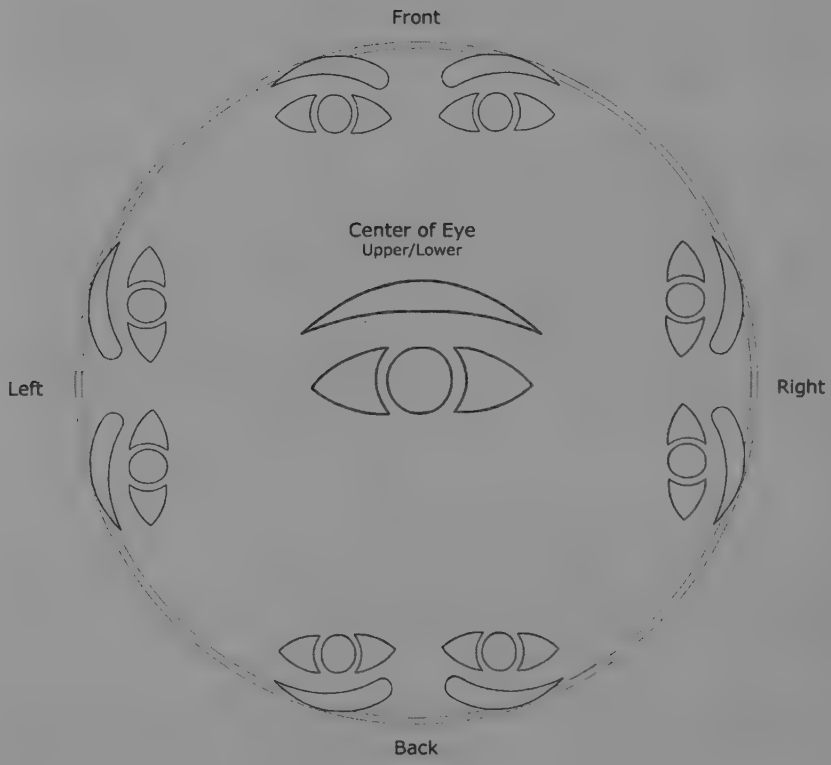
It is very important to remove these hooks in order to be free to make one's own choices without being influenced by other people who may not always have your best interest at heart.

There are also thoughts that a person picks up from belief systems, past lifetimes, and thoughts that can be picked up from the atmosphere that can attach themselves with hooks within the Energy Eye.

Thoughts are energy and are floating though the atmosphere and can be picked up by anyone. For instance, somebody is thinking of war, but at the same time has the understanding not to use the energy of war and lets go of this thought. Then this thought can travel to the other side of the globe. Another person may pick up on the thoughts of war and put it into action because this person might not have the understanding of or be concerned about the consequences.

That is why it is important to watch what one thinks and become aware of what one does not want to manifest. Everyone has the power to have an unwanted thought that is not in the best interest for oneself, others, or all of mankind to be disintegrated. One's intent will do so. We are all co-creators and nobody is a victim. Looking into history, positive or negative, we have all participated in terrible actions to others and ourselves. Whatever one has created will always come back to the person. Nobody is exempt from the Universal Law of Attraction; "what you have not learned, you will attract". This is also referred to as the Law of Cause and Effect.

ENERGY EYE PART OF ENERGY BODY
(also called Spiritual Eye or 3rd Eye)



ENERGY RELEASE CHANNELS (also called MERIDIANS)

STRUCTURE of the Energy Release Channels

The Energy Release Channels are energy channels that are situated on top of one's Energy Body. Each Energy Release Channel consists of a light casing and little vortexes called acupuncture points. The 3rd dimensional Energy Body carries fourteen Energy Release Channels.

As a person dimensionalizes and brings her/his Energy Body into a 4th dimensional body, more Energy Release Channels are added as well as energy beams for the four aspects, physical, emotional, mental, and spiritual. Some of the existing Energy Release Channels are changing. All Energy Release Channels release feminine and masculine energy from organs, glands, muscles, and bones and have a starting and ending point. The acupuncture points also release energy.

FUNCTION of the Energy Release Channels

Energy from one's thoughts, feelings, and actions that are stored in one's energy field of the organs, glands, muscles, and bones that no longer serve one, move out through these Energy Release Channels. These Channels need to be open so that the energy can flow through them.

There are energies that are leaving one's energy system because they can no longer be part of one's life because they are no longer required or have been healed. This is an agreement established between the Soul and all the energies that are a manifestation of one's physical life. That's why we age. The more energy leaves the system the more the physical breaks down. However, break downs of the physical need not occur if the Energy System is repaired and corrected.

If energy that is leaving one's energy system gets blocked in the Energy Release Channels, disharmony can manifest into the physical. Therefore, it is important that these blockages be opened and repaired so they cannot create any physical manifestations such as illness or dis-ease.

Energy Release Channels can be partially present, cut up, twisted within itself, shifted/moved out, leaking, stuck together, wrapped/twisted around one's body, tied in a knot somewhere, or blocked through negative thoughts, feelings, words, actions, operations, accidents, or trauma. Different experiences from past lifetimes can also contribute to these different manifestations.

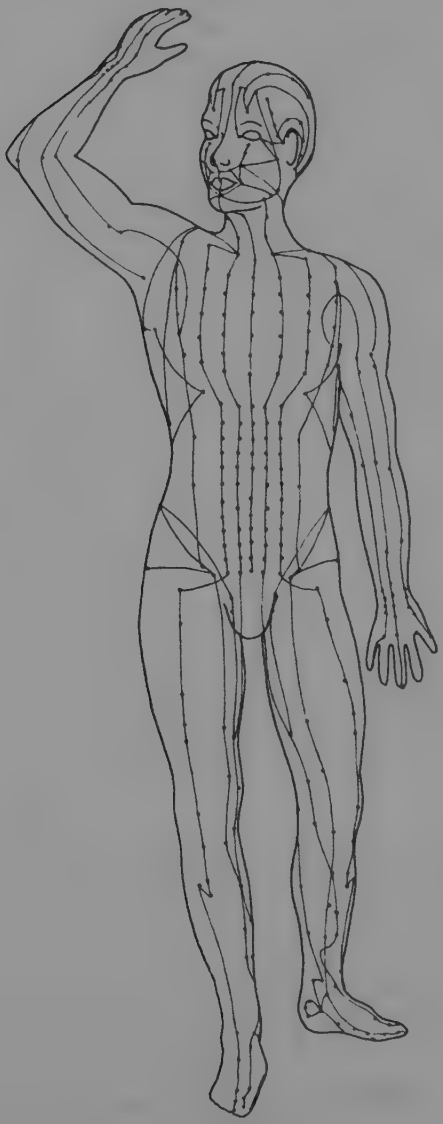
It is important to correct all the breakdowns of the Energy Release Channels so that optimum health can be achieved.

LITTLE VORTEXES of Energy Release Channels (called acupuncture points)

These little vortexes are part of the Energy Release Channels. The little vortexes release energy and bring new energy in. If the vortexes get blocked, energy cannot move in or out and therefore they need to be opened up either through acupuncture with needles or acupressure with fingers. Energy work can also release the blockages. To release the blockage one must find the issue and release the energy related to the issue.

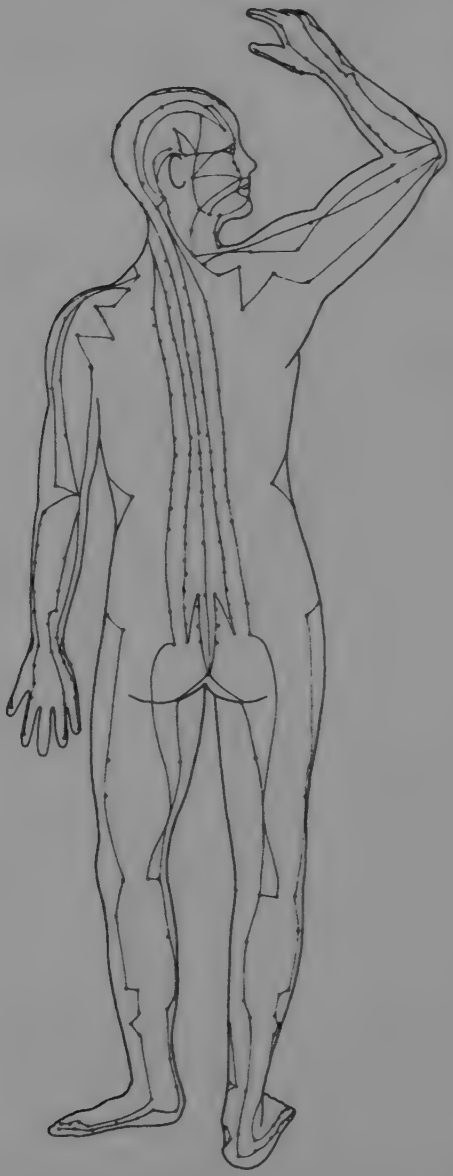
Refer to Illustrations: page 107 & 108

ENERGY RELEASE CHANNELS FRONT
part of the Energy Body(also called Meridians)



Essentials of Chinese Acupuncture by Beijing College of Traditional Chinese Medicine

ENERGY RELEASE CHANNELS BACK
part of the Energy Body(also called Meridians)



ZONE CHANNELS

STRUCTURE of Zone Channels

The Zone Channels are the Channels that hold one's whole Energy Body together. They are not to be confused with the Energy Release Channels (Meridians). All together there are 5 Zone Channels on each side of the body, front and back.

The Zone Channels are connected to one's 5 fingers and 5 toes. They are like circuit breakers that go all around one's Energy Body from the top of the head, all down the front of the body, underneath the feet, and then come up the back to the top of the head. These Zone Channels regulate the balance between too much and too little energy in one's energy system.

The Zone Channels of one's arms tie into the Zone Channels of the body in the front and the back. Channel #1 of the arms connects to channel #1 of the body; channel #2 of the arms connects to channel #2 of the body, etc.

FUNCTION of the Zone Channels

One's Spirit moves through these Zone Channels as well. The clearer these Zone Channels are the more one's Spirit moves through them and the more alive a person feels.

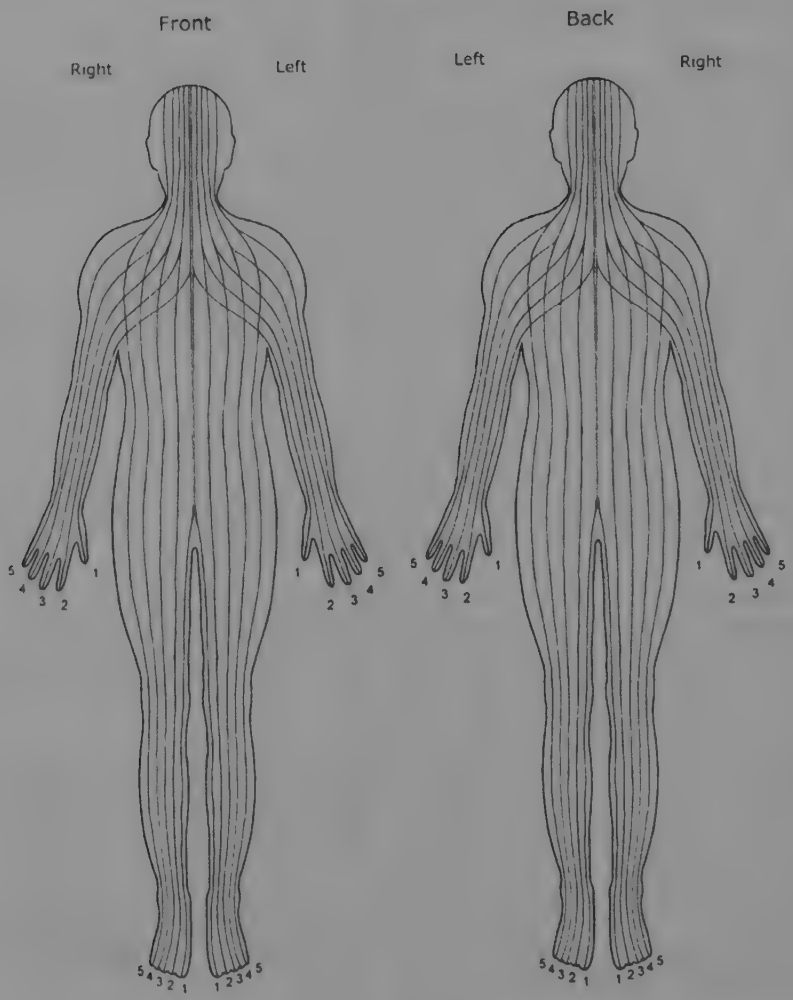
These Zone Channels also tie into one's sexual energy. The purpose of the sexual energy is to electrify one's Energy Body in order for one to feel alive. The more these Zone Channels are opened, the more one can feel when the sexual energy runs through the energy system.

These Zone Channels are also the connection between Soul and Spirit. The information from the Soul is brought into the Energy Body through these Zone Channels that operate like a matrix.

Any breakdown in these Zone Channels prevents information from coming into the subconscious mind and brought into physical awareness. All information is brought into these Channels through light beams from the Energy Field.

Refer to Illustration: page 110

ZONE CHANNELS PART OF ENERGY BODY
(also called Sectional Channels)



YOU NEVER KNOW

You never know when someone
May catch a dream from you.
You never know when a little word
Or something you may do
May open up the windows
Of a mind that seeks the light - -
The way you live may not matter at all,
But you never know - - it might.

And just in case it could be
That another's life, through you,
Might possibly change for the better
With a broader and brighter view,
It seems it might be worth a try
At pointing the way to the right - -
Of course, it may not matter at all,
But then again - - it might.

Author Unknown

TESTIMONIES

Colourtouch explains the process of a guiding system that has aided me in finding a happier, more balanced lifestyle. Feeling good is the healthy result that follows a Colourtouch session.

These positive feelings have brought in a healthier approach to life and the world.

I thank Inge Knott for the significant difference it has made in my life.

With gratitude,
Cathy Faulknor B.Ed.

When I was first introduced to Colourtouch I was trying to put the pieces of my life back together and had realized I needed to make some changes.

This work has shown me why my life fell apart and has helped me to understand why the events in my life happened the way they did. I have learned how powerful negative & positive energy can be.

I am happy to say that Colourtouch is now a part of my whole family's life. It helps us every day and we are a stronger family unit for it.

Cheryl Verstraete
St. Albert, AB

I tried many different doctors and complimentary medicines before I found Vibrational Healing and Inge Knott. I have been learning from her for the past 15 years. She has made a huge impact on my health and life, and the health and life of my family. She taught me how to support myself physically, emotionally, mentally, and spiritually.

I am now healthier and feel balanced and grounded.

After 37 years of teaching school, I am now retiring. I will be focusing more of my time on how to assist myself and others, using Vibrational Healing.

Christine Johnson BA. B.Ed.

The Colourtouch method has opened up my creativity, expanded my vision and awareness, and has enabled me to gain mastery over my physical environment. By accessing intuition I have investigated and unlocked barriers while enjoying increased vitality and vibrant health. It has been demonstrated time and again that there is no problem so great that there is not a solution to be found. I am deeply grateful for Inge's determined guidance and her generous gift: Colourtouch.

Diane Ellery

It's with extreme pleasure that I write a testimonial for the abundance of tools and skills learnt from Inge Knott & Colourtouch.

In my journey to better myself, I was searching for more when I heard of Inge & Colourtouch in 2004. I'm ever grateful to Inge for her expertise and assistance. I feel confident that I can continue to grow on my own, with the developed awareness, tools and skills she's provided. With these tools and knowledge, it's enabled me to become a healthier, happier, stronger person. The best thing is, I have these great tools to take with me for the rest of my life's journey, for a better quality of life.

Doris Labrecque

Even as a young adult I continually searched for a practical study course which would take me one solid step after another into the new world of higher consciousness. Through the year, I have experienced many teachings-some of which resonated with me and other which did not. Colourtouch Vibrational Healing provided me with a pragmatic system of identifying and releasing old energy patterns and beliefs and then bringing in, manifesting and integrating the higher new energies of consciousness.

In addition to feeling physically stronger and healthier, I also have become more aware, discerning, intuitive, and present in my daily life.

I continue to work with other Light Workers and to travel to sacred sites to participate in activations. However, I suffer no ill effects from

the intense energies which are often encountered and I am often a source of support and strength for other fellow travelers.

I highly recommend Colourtouch Vibrational Healing to all seekers of enlightenment as the most fundamental and basic course forming the foundation of higher learning.

In Gratitude,
Judy McLean

I was introduced to Inge and the Colourtouch program back in 1998. At that time I was so far removed, on a physical level, from the new concepts and teachings that were being presented to me but I *just knew* that I was "in the right place".

Through my ongoing healing journey I am discovering who I am as a spiritual being and how to integrate that into my everyday life. Now in my life, I am able to experience a peace and joy that I never knew existed. I am able to view *life* from a bigger perspective of understanding, compassion, and non-judgment. This Vibrational Healing and Colourtouch work not only brings a higher consciousness to my life but also provides the "tools" in which to truly heal my physical body.

I have never wavered away from this working process, and, my journey through this process of "healing" is too vast to express in just a few short sentences.

May I never know what my life would have been if I had not discovered this work and its teachings.

Lorna Groshko
Practitioner and Teacher of Colourtouch
St. Albert, AB

Colourtouch developed by Inge Knott is a healing system that is profoundly transformational and revolutionary. It is truly a system that identifies root causes of dis-ease on the physical, emotional, mental and spiritual levels.

Through Colourtouch, I have learned tools and techniques that are easily integrated into my daily life as well as with my clients in my professional practice. Using these tools and techniques to work through different exercises we learn how to build a new body and create wholeness by raising our vibration towards Mastery and the Ascension process.

Since meeting Inge and using Colourtouch, I have regained health, vitality and overall well-being. This is truly a program of re-connecting with and living a purpose filled and joyful life. I highly recommend this program to all those who are willing to learn and grow as well as for those who are seeking empowerment through their own self healing abilities.

Michele Marie Gervais B.A. B.Ed
Esoteric Vibrational Sound Healing
Creator of SoundTouch Therapy

Colourtouch has given me a new perspective on life.

I came from a place of "do as you're told and ask no questions". I lived a life of fear and submissiveness. I was at a place in my life where I wanted to leave this earth trapped in what I could not endure any longer and not seeing any way out.

Colourtouch gave me courage & faith, a mirror you could say, to take a good long look at myself. I asked myself; where I had come from, where I wanted to go, what my options were. I wanted to look and work with my four aspects of the self; physical, emotional, mental, and spiritual bodies.

Colourtouch gave me tools to work with to create new Belief systems which serve me today in the present time, to understand the pattern of my evolution and the lessons that came with it through Past Lifetimes, and exercises to strengthen my field (aura). I learnt to develop my

senses, to see the energies around me, and so much more. I came to the place where I could see positive and the negative aspect of the self and be grateful for the lessons that came with it and make different choices.

Colourtouch has assisted me to have come to a place of self worthiness, courage, insight, respect, honor, and to believe in myself. Always knowing I came and I am a creation of Love.

Today I have mastered fear and I experience a life of joy and much happiness, eager for the day to present itself with its problems and issues.

For I believe I cannot solve an issue with the same frame of mind that created it.

Today my life is lived in a realization of the meaning of true strength; is in the true love of oneself.

Rolande. S. Huot.
St. Albert, Alberta

Our family had no experience with or understanding of any kind of energy healing, until our 10 year old daughter was diagnosed with a cyst on her brain in 1999. She had been experiencing
debilitating headaches, and we were awaiting an MRI appointment 3 months distant when a friend suggested we see Inge Knott of "Vibrational Healing". Inge laid our daughter on a massage table and assessed her energy field. With the words, "I can correct this", Inge closed the gaps in the field which were causing such distress. Then she spoke to our young girl, "don't keep hurtful things so much inside". The headaches disappeared that day and later, the MRI confirmed that the cyst had disappeared as well.

That experience changed how I thought about the value of healing practices outside of the realm of "Western medicine". I became a Reiki practitioner when the opportunity presented itself 3 years later, began taking classes with Inge to increase my understanding of the energetic systems of the human body, and eventually was attuned as a Reiki Master.

By 2004, I was barely scratching the surface of energetic knowledge as taught by Inge, when health crises once again struck our family. My husband, Bryan, was diagnosed with a swollen retinal nerve. Upon visiting an ophthalmologist, he was told that it was either the start of glaucoma, or a tumor. After 3 visits to the doctor, he was told that if the condition worsened, his next appointment would be with a neurologist. I took him to Inge, merely telling her that something was wrong with Bryan's eye. She immediately told him, without any other information, that it wasn't energetically a tumor; indeed, there was a past life involvement that she was able to release. Sure enough, the day after working with Inge, Bryan visited the ophthalmologist and was told that the condition had begun to reverse itself and to please return in 6 months for a check. By then, all was well.

My lessons with Inge have continued to this day, every 6 weeks or so, struggling through the systems charts, the releases, the past life encounters affecting my own life, and with changing belief systems. I have completely broadened my view of the world and my place in it. I am beginning to grasp the enormity of my responsibilities as being energetically connected with every other life form on the planet. My relationship with God, the Source, has gained clarity inspires how I live my life.

I am humbled by the blessing of working with and learn from a woman life Inge Knott, who walks so strongly in the light and in her service to others.

Sue from Edmonton

Without Colourtouch® in my life I truly believe I would not be here to write these lines down. My journey has led me through many valleys and with the tools presented through Colourtouch® I am able to climb out of each and every of them.

Colourtouch® assists me to understanding my anger, frustration and most of all fear, and by letting go of these deep emotions, through it all I am able to bring more and more joy into my live.

Colourtouch® gives me the opportunity to look at my life's experiences in a different way. A perspective I never thought possible

when I started taking these classes so many years ago. Through deeper understanding and compassion by looking at my past and present life experiences, I am learning to come a bit closer to authentic empathy.

One of the greatest tools given to me early on is to be able to change my beliefs. What beliefs govern my life? To be able to change beliefs to assist me on my life journey, emotionally, mentally, physically and spiritually, plus being able to let go of the ones that no longer serve me has been and still is life changing to me.

There are many pieces provided in Colourtouch® which bring me more and more joy, strength, support and love for myself, for my family, for my friends, for everyone and everything in and around my life. This kind of love is authentic and unconditional that conveys insights into the structure and movement of this precious gift we call life.

The one and most important feature of Colourtouch® to me are the colours, to learn about them, to learn through them, understand them to such an authentic level has brought joy to my deepest part of my soul, my spirit and my body.

I am forever grateful for this immense opportunity to continually learn through Colourtouch® and would recommend to anyone to read about these new approaches.

With Love and Light Sabina

Colourtouch work got me through the deepest, darkest time of my life. Beyond measure it was a life preserver when all around me was crumbling. My gratitude for Inge and this work for raising me far above deep darkness and for healing me through each facet of struggle that continually threatened to suffocate me. I will be forever grateful.

Love Wilma

About the Author

Inge Rosa Knott was born in Cologne Germany and moved to Canada in 1964. She first moved to Montreal and then in 1977 moved to St. Albert, Alberta where she currently resides.

She has been a teacher and practitioner of energy for 24 years. As a child she always knew she was here for a special reason. In 1989 she connected to this reason when she wrote a letter to the "God Force" searching for answers. She then became consciously aware of her purpose and changed her life direction to live it: to bring in information to assist in humanity's evolution.

Inge is the founder of the workshops for Colourtouch, teaching the anatomy of the Energy System. As well, she privately assists people with their physical, emotional, mental, and spiritual growth.

For more information on Colourtouch workshops, visit the website: www.colourtouch.ca

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